



LOMA LINDA
UNIVERSITY
MEDICAL CENTER
EAST CAMPUS

PossAbilities & You

Fall 2013

www.teampossabilities.org

Sports Event Helps Soldiers

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PossAbilities

PRESENTED BY
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BAND OF MISSION INDIANS
FOUNDING PARTNER



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PossAbilities at LLUMC

TEAM

PossAbilities

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

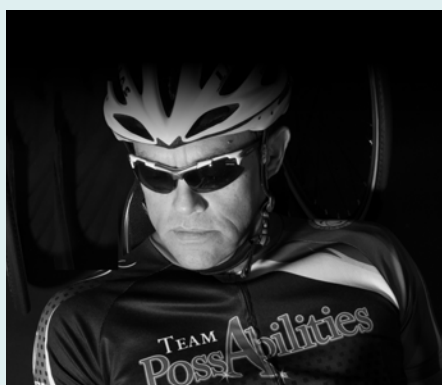
We want you to feel connected. Whether you received care at Loma Linda University Medical Center or heard about us later, you can be a part of PossAbilities. Our goal is to provide you with the opportunities and tools you need to succeed and feel good about yourself.

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

Ralph Pieplenbos is a long time member of PossAbilities and advocate for the disabled community. He enjoys spending his time competing in marathons, triathlons and handcycling.

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.org
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.



The World Cup is coming mid-August. Look for results in the next issue of PossAbilities or go online to www.teampossabilities.org/paralympic-program.

Handcycling Nationals Takes **Team PossAbilities** to Wisconsin

In early July Team PossAbilities handcyclists were in Madison, Wisconsin, for the highlight of the year. Several athletes trained year-long to lead up to this national competition that would define how their hard work paid off.

For Delmon Dunston (H1-2), it was a strong indicator that he has progressed over the last two years. He was able to take second place in the road race and

third place in the time trial for his division. For Owen Daniels, the heat was on in the H3 category, and it was packed with competition. Owen was able to finish fifth in the time trial.

Coach Babbington, coach to Dunston and Daniels says, "I couldn't be more proud of the progress the boys made this year. I'm excited to see what is to come for them."

Anjii Hansen secured a silver and bronze in her H-2 category and Thea Rosa earned national champion in both the time trial and road race in H3 category. Manager Pedro Payne said, "The spirit and competitiveness each athlete brought to nationals was apparent in their commitment. We are so proud of our Team!" ●

Getting Back in the Game

Adaptive sports event gives soldiers with physical limitations the chance to enjoy sporting activities and find a supportive community.



Nearly 70, ill, injured and combat-wounded soldiers from the U.S. Army Reserve and National Guard filled Loma Linda University's Drayson Center as part of Adaptive Reconditioning Day on Wednesday, June 5. Hosted by LLU PossAbilities, in collaboration with the Community-Based Warrior Transition Unit (CBWTU)—California, the event exposed soldiers to various activities in an effort to expand their options for physical and recreational activity despite their physical limitations.

"This event is aimed to teach these men and women how to stay active

despite their physical limitations, whatever they may be," says Cotie Williams, program coordinator for PossAbilities. "We also want these heroes to know that PossAbilities is a great resource for them, and we are always here in whatever capacity they need us to be."

Overcoming Obstacles

The men and women who attended the daylong event came from all over Southern California, including Mike Klementich, an activated National Guardsman in the U.S. Army, who calls Pasadena home. While serving in

Afghanistan last year, he suffered various injuries working as a fueler, operating a 25,000-gallon fuel truck.

"This has been a great day so far," Klementich says during a lunch break at Drayson Center. "Because of the CBWTU, I am able to be home with my family, and that's the best part. Being here today has been good so far. There are a lot more people like me here than I expected."

Klementich, a father of three, says his injuries include a torn-out shoulder and an injured knee. His foot also needed reconstructive surgery, which was



The first PossAbilities-hosted Southern California veterans' muster was a blast!

scheduled for late June. Klementich says that getting on a bike during Adaptive Reconditioning Day was beneficial for his knee and he was looking forward to more cycling before his foot surgery.

Sports, Screenings and More

The soldiers rotated through various sessions throughout the day, including pool therapy, kayaking, stretching and exercise, wheelchair basketball and cycling. They also received nutrition counseling from LLU professor of nutrition and dietetics Bert Connell, Ph.D., who is also a former U.S. Army reservist. He provided basic guidelines for weight loss and weight control and improving nutrition.

An orientation on PossAbilities was provided by Team PossAbilities athlete Greg Crouse, who was injured while serving in the U.S. Army, causing the amputation of his left leg. He informed the soldiers about the community outreach program and the resources it provides. Health screenings were also available at the event.

Special thanks went out to Stell Coffee and Tea Co., Corner Bakery



and Clark's Nutrition for providing breakfast and lunch for the soldiers, staff and volunteers at the event.

WTUs Are There for Support

Warrior Transition Units (WTUs) provide personal support to wounded soldiers who require at least six months of rehabilitative care and complex medical management. The community-based program functions as a WTU for soldiers who receive medical care in their community—at Department of Defense, TRICARE or Department of Veterans

Affairs (VA) health care facilities. The CBWTU primarily provides outpatient care management and transition services for Army Reserve and National Guard soldiers who do not need the day-to-day medical management provided by WTUs on Army installations. The CBWTU enables the soldier to recover and transition at the location closest to his or her personal support network or in his or her home, if medically supportable. Clinical care requirements determine whether a soldier is assigned to a WTU or CBWTU. ●



'Loma Linda 360' Wins 5 Emmy Awards

The National Academy of Television Arts and Sciences awarded "Loma Linda 360" five Emmys—the highest award in the television industry.

Featuring stories of hope and courage, Loma Linda University Health's TV show portrays the resilience of humankind and celebrates life. Produced by Advancement Films, the show won Emmys in multiple categories at the 39th Annual Pacific Southwest Emmy Awards on June 15.

The Winning Shows

In the human interest category, the Academy awarded the story "Who I Am." Words can't describe how traumatic life is after a disabling injury. This film features four PossAbilities members as they show how one's identity isn't about physical capabilities, but about who you are on the inside.

3rd Year in a Row

This is the show's third year winning Emmy Awards. The last season saw Emmy wins in four categories, and Season 2 swept its categories by taking home three Emmy Awards.

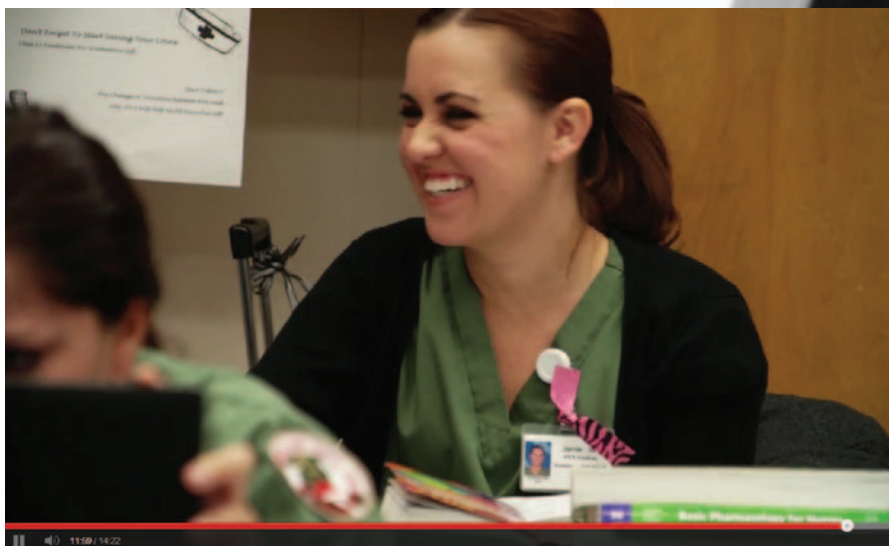
Season 4 of "Loma Linda 360" aired last year on the PBS affiliate KVCR and KVCR-DC as well as the CBS and ABC affiliates in the Palm Springs area. It is currently airing on Hope Channel, and Loma Linda Broadcasting Network, and it can be viewed online at www.llu.edu/360, www.youtube.com/user/LLUHealth and www.vimeo.com/channels/lomalinda360.

Advancement Films is currently in production on a new TV show called "Life on the Line" that is being planned for release on PBS stations nationally. ●



Films and Awards

"Who I Am," 2011



Emmy Award

"Crossing Out Fear," 2010



Emmy Award

"Armed for the Challenge," 2007



**USC Cinematic Arts
Beverly Hills Shorts
Festival
Santa Barbara
International Film
Festival
San Luis Obispo
International Film
Festival**



A Magical Evening at Citrus Valley High



For high school students, prom can be a magical time. That goes for students with special needs, too. From silver and blue stars dangling from the ceiling of the Citrus Valley High School cafeteria to the “When You Wish Upon a Star” theme, the Citrus Valley second annual special needs prom was enchanting for students and teachers alike.

The event was hosted by Citrus Valley’s PossAbilities Club. The group, which includes students both with and without special needs, raises awareness about disabilities. Loma Linda University PossAbilities donated \$1,000 for the event.

A Team Effort

The PossAbilities Club, comprised of about 60 Citrus Valley students, spent several months organizing the prom. Students gathered donations, crafted

decorations and worked with teachers to make the evening special. Senior Erick Moore brought his dad’s shoe-shining equipment to school to help the gents look their best before the big night. “I wanted to make sure everyone had a good time,” says Moore. For the ladies, senior Simone Fuentes helped with hair and makeup.

Along with members from the PossAbilities Club, students from the Best Buddies Club lent a helping hand. Best Buddies is a club dedicated to helping students with disabilities share fun activities and enjoy their time at school. “It is great to see the mainstream kids here become involved with the

special education students,” says Citrus Valley attendance clerk Keri Kivett. Next year, Best Buddies will merge with the PossAbilities Club.

Lasting Memories

The special needs prom was a night to remember that will be talked about for days to come, says Daniel Brown, a special education teacher at Citrus Valley.

“The PossAbilities Club is amazing,” Brown says. “They have been going above and beyond for the special education kids. It really makes me proud of being part of this school.” ●

Club PossAbilities President Fatima Bakar, 17, of Highland helped spearhead this year’s prom. She said she started planning the dance the second week of school and worked with local organizations to help fund the event. Among the donors were Loma Linda University PossAbilities, which donated \$1,000, the Optimist Club of Redlands, \$500, and the Kiwanis Club of Redlands, \$750.



Meet Our Member: Jesse Ramos

When Jesse Ramos was growing up in Los Angeles, CA, his biggest challenges were different from those of other kids. While others worried about playtime and preschool, Jesse had difficulties speaking and walking. That's because when he was born in 1975, Jesse was diagnosed with cerebral palsy, caused by medical malpractice.

As Jesse grew up, his father urged him to exercise and walk on his own. At age 8, he started walking. He would fall sometimes and his teachers urged him to wear a helmet or use a wheelchair. But Jesse's father declined to use those implements.

Today, Jesse walks confidently and with no problems.

He is currently married, with a daughter and two sons. After earning a Bachelor of Science in Business Administration-Accounting from California State Polytechnic University Pomona, he set about searching for a job.

Jesse had difficulties finding the right fit for himself, so he decided to open his own business. He is currently working as a tax professional, and is collaborating with a friend on a health project.

He has also taken up cycling as a hobby. He was introduced to PossAbilities, which has not only benefited his health but has also reinforced the positive way in which he looks at life. ●

*Would you like to tell your story?
Email your biography and photo to
cowilliams@llu.edu.*



From Jesse ...

"Cycling reminds of life. The harder you pedal and the more pain you withstand, the faster and further you go. The roads we can take are many, but we need pick the right so we won't get a flat. Along the way, someone may cut you off, and you may fall, but you need to get back on your bike and keep on pedaling until you reach the finish line. Obstacles will always be there, but my disability will not keep me from overcoming them. I once read this from somewhere; 'Life is not static it is dynamic: it is taking on new challenges where there is everlasting joy. We only need to open our eyes, closed by our ignorance, and lift our heads: then we will see life conquer death, joy conquer sadness, love conquer hatred, truth conquer falsehood; but above all we will see ourselves conquer any obstacle. If our eyes are closed, we cannot see and consequently we are blind; and the blind can only imagine reality.' Disability is not a punishment; it is a place against the stream where humanity receives the strongest pushes and resources for a world based on solidarity, trust and love." ●

Support Groups

AMPUTEE CONNECTIONS

For program information or to request a visit from one of our volunteers, call Bill Nessel at **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 St.
Corona, CA 92882
Call Luis at **213-700-0970** or Bert at **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**.

LARYNGECTOMEE SUPPORT GROUP

Third Sunday of the month
1 to 2 p.m.
PossAbilities Office
25455 Barton Road, Suite 109A
Loma Linda, CA 92354
For more information, call Department of
Speech Pathology at
909-558-4000, ext. 43909.

AUTISM PARENTS SUPPORT GROUP

Third Thursday of the month
6 to 7:30 p.m.
Loma Linda University Medical Center East
Campus
Zapara Rehabilitation Pavilion
25333 Barton Road, Loma Linda, CA 92354
For questions regarding meeting details,
email redlandsautismparents@gmail.com.

BRAINSTORMING 4 US

Brain injury support group for all ages.
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

**Second Thursday of the month
6:30 to 8:30 p.m.**

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

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

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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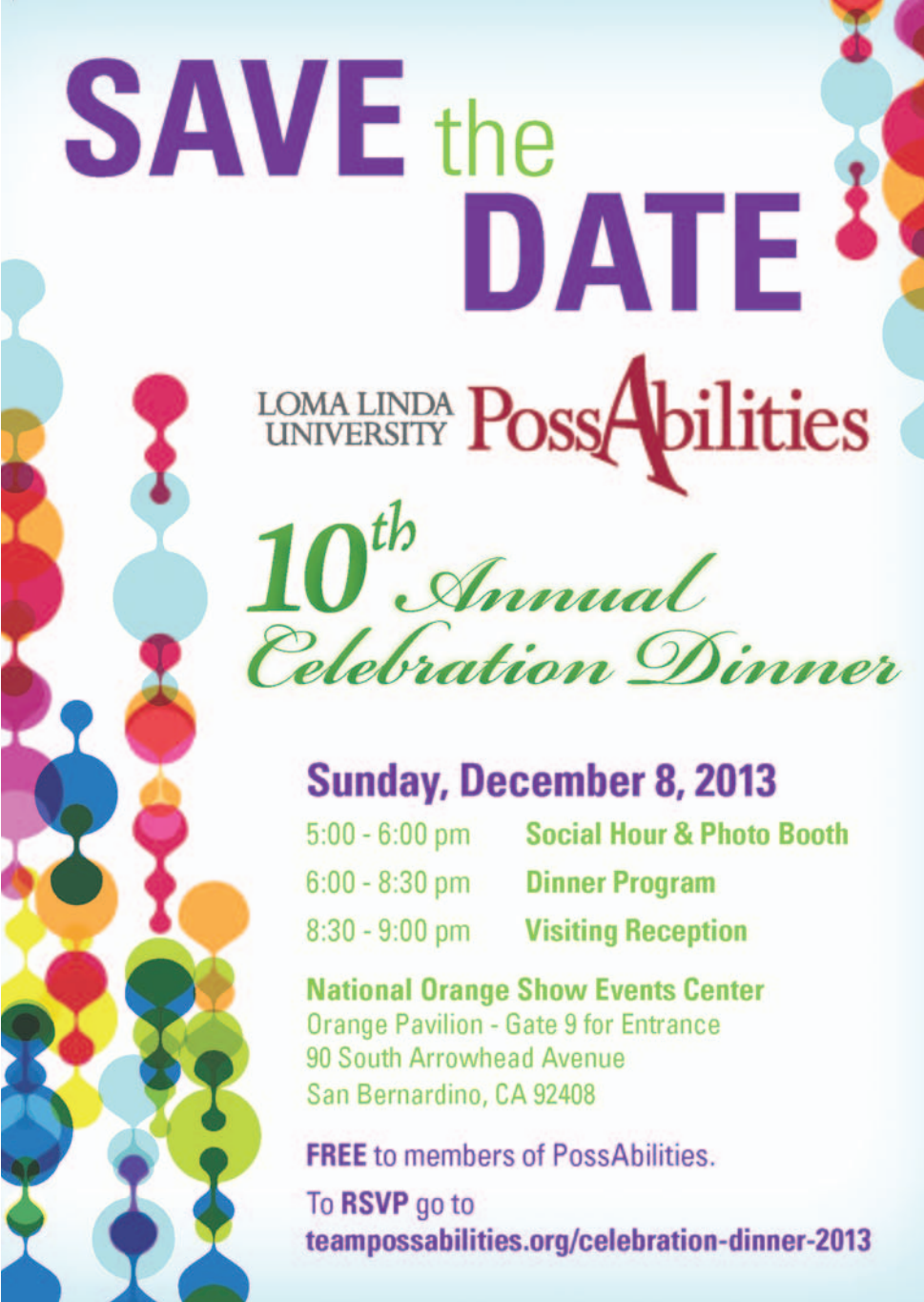
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Pedro's Place

Have you ever asked yourself this question (I know I have): What is it exactly that defines who we are? Is it our job? Is it our professional title or our educational attainment? Perhaps it's our athletic achievements or the position we occupy within our social circle. Who am I? It would be interesting to see how our identities would change if we identified ourselves less by external factors and more by internal characteristics such as: Are you a helper? Are you a giver? Are you tenacious in reaching your goals in life? Do people know you can be trusted to keep your word? Are your words more likely to heal rather than cause division and strife? One way or another you are going to leave your mark on this world. I would encourage you to think about these questions before you decide on your identity. After all, other people's lives may be impacted by who you decide you want to be!

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



SAVE the DATE

LOMA LINDA UNIVERSITY PossAbilities

10th Annual Celebration Dinner

Sunday, December 8, 2013

5:00 - 6:00 pm	Social Hour & Photo Booth
6:00 - 8:30 pm	Dinner Program
8:30 - 9:00 pm	Visiting Reception

National Orange Show Events Center
Orange Pavilion - Gate 9 for Entrance
90 South Arrowhead Avenue
San Bernardino, CA 92408

FREE to members of PossAbilities.
To **RSVP** go to
teampossabilities.org/celebration-dinner-2013