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**SAN MANUEL**  
BAND OF MISSION INDIANS  
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PossAbilities at LLUMC





### *On Our Cover*

Joshua Dotson is a brain injury survivor who volunteers more than 300 hours a year to 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**

**P**ossAbilities is a community outreach program of Loma Linda University Health 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.

## **Connect with Us**

### **Office Location**

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

### **Phone and Fax**

909-558-6384 phone  
909-558-6334 fax

### **Website**

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



**Learn more about featured PossAbilities members and becoming a member or volunteer. Just snap a photo of this icon with your smartphone.**





## The Inaugural *Power of Inclusion* 5K

This year, a 5K run, walk and roll kicked off the International Food Festival and the second annual *Power of Inclusion* conference sponsored by Loma Linda University Health (LLUH). The annual event shines a light on diversity and inclusion as powerful ingredients that enrich learning and healing experiences while strengthening community relations. Open to the public, this year's conference theme, *Talent Has No Boundaries*, highlighted the important contributions that people with disabilities make to our society. It brought together nationally renowned speakers and celebrities, including Academy Award winning actress Marlee Matlin, and accomplished guitarist Tony Melendez, who was born without arms.

For this first year, PossAbilities partnered with LLUH to host the inaugural *Power of Inclusion* 5K. The race attracted more than 300 runners, with and without disabilities, for a race around the city of Loma Linda. The proceeds from this event in the amount of \$5,822 were donated to the Grant and Scholarship fund for PossAbilities.

"We couldn't be more grateful that employees, community members and supporters of PossAbilities contributed to a cause that helps provide new direction and hope for those with disabilities, while becoming one community," says Pedro Payne, director of PossAbilities.

A big thanks to all those who organized, volunteered and fundraised for PossAbilities through the *Power of Inclusion*.







Team Paralyzed Veterans

# Redlands Bicycle Classic



Team Semper Fi

The anticipation building up to the Redlands Bicycle Classic each year never disappoints. This year was the 30th anniversary of the event and seventh year since PossAbilities has started the para-cycling component of the race. All para-cycling categories (plus recumbent) were offered up to participants during four days of racing in Big Bear, Beaumont and Redlands. With more than 55 people from three different countries, the competition was fierce. This year our two biggest teams to participate were Team Paralyzed Veterans with 25 and Team Semper Fi with 12. Team PossAbilities had two new members who raced for the their first time—Paul Brown and Jason Mlot. Fantastic job from both athletes.





# Overall omnium winners:

## MALE

H1-Will Groulx  
H2-David Randall  
H3-Gerard Ah-Fook  
H4-Alfredo Delossantos  
T1/2-Steven Peace  
C4/5-Estevan Rojas  
Recumbent-Adam Allen

## FEMALE

H3-Thea Rosa  
C4/5-Shawn Morelli  
T1/2-Beth Hope



Freddy Delossantos finishes out the crit as the overall omnium winner in H3.



# TRIATHLON



The challenged athletes all gathered on the stage to celebrate their diversity as well as the accomplishments of those that took the podium in their respective categories for the triathlon.

The 12th Annual PossAbilities Triathlon, 5K Run/Walk/Roll, & Kids Triathlon came to Loma Linda on April 27th for the 12th year. This year's race boasted more than 900 participants who competed in the adult triathlon or 5K and the kids triathlon. The sprint triathlon brought those with all abilities together on one start line. Whether a rider was experienced or a beginner, this event provided something for everyone in the family. The adult triathlon consisted of a 3.1-mile run, 11-mile bike and 150-yard swim. The kids race is a ¼-mile run, ¼-mile bike and 25-yard swim. A fully adaptive climbing wall was provided by No Limits and owner Mark Wellman. Canadian entertainers Judy & David provided post event entertainment for the children, teaching kids how to stay active and be healthy.





# ON



OVERALL WINNERS	
Tri Female	
1st	Taylor Spivey
2nd	Laura Wassner
3rd	Charisa Wernick
Tri Male	
1st	William Jones
2nd	Connor Sousa
3rd	Kyle Hughes
5K Female	
1st	Camillia Brieno
2nd	Elva Ovando
3rd	Crystal Clark
5K Male	
1st	Scott Oseguero
2nd	Erubey Camacho
3rd	Dalton Muth

CHALLENGED ATHLETES (1st-place winners)	
Male	
Tri 1	Steve Hoffman
Tri 2	Andre Barbieri
Tri 3	Bryon Solberg
Tri 4	Tony Troccoli
Tri 5	Steve Mosqueda
Female	
Tri 1	Alicia Garcia
Tri 2	Lucia Saitta
Tri other	Brittany Mcadam

TOP FUNDRAISERS	
Challenged athletes	Bob Schumacher representing Sydney and Carson Schumacher
Community members	Arvin Tanag and Cotie Williams



A special thank-you to San Manuel Band of Mission Indians for its continued support of PossAbilities and their donation of \$200,000.



## Road to Rio Athlete Updates

TO READ OUR ATHLETE BLOGS GO TO [WWW.TEAMPOSSABILITIES.ORG/ROAD-TO-RIO-ATHLETES-BLOG](http://WWW.TEAMPOSSABILITIES.ORG/ROAD-TO-RIO-ATHLETES-BLOG).

### A NOTE FROM DEL DUNSTON

2013 was a successful but busy year. I finished up my training and was able to meet some personal goals. One goal was to average 15 miles per hour for the time trial course at Nationals, which was a lower but realistic speed due to the hilly course and severe heat that day. My other goal for the road race at Nationals was to make each lap faster than the last. Both goals were a success. I finished second in my class in the nation, after competing in four domestic races.

I started the year off strong with four days of racing at the Redlands Bicycle Classic, where I took second place in the overall H.1 class. My plans for this year are to race in the Clock Tower Classic in Rome, Ga., in late April. In May, I will be racing in the National Criterium Championships in Chattanooga, Tenn., and I will finish the season at Nationals in Madison, Wis.

As always, I would like to thank my sponsor, PossAbilities, for this unique opportunity to pursue my Olympic dream.

*Del Dunston*

### A NOTE FROM GREG CROUSE

Hello PossAbilities Teammates,

The beginning of this new year of training and competition has been not only fun, but exciting and challenging, as well. I am building on last year's accomplishments and forcing myself to push my training beyond the plateaus of last season. Even though I finished last year on Team USA, I want to have a better showing at the Para Canoe World Championships. I can do this by retaining my current #1 National Ranking at the USA Canoe Kayak-Team USA Time Trials in Lake Placid, New York this year.

Aside from my regular training and exercise, I have entered all the California Winter series of one-man racing, stretching from Santa Barbara to Redondo Beach, Oceanside, Newport Beach, Dana Point, Malibu and San Diego. The Winter Series ended in San Diego at the Olympic Training Center, where the "Silver Blade Regatta" was held, with challengers coming from across the state. I finished the day with a Bronze medal in the Open Men's division and a Gold medal in the Adaptive Men's division.

I'm looking ahead to future challenges. After I secure my spot on Team USA, I will represent the United States in Moscow at the

### A NOTE FROM ANDRE BARBIERI

Greetings fellow PossAbilities supporters,

I did some good events last year, and I did most of them to get experience.

2014 is a different beast. Most of the events are focused on accumulating points to qualify nationally (in Brazil) for Rio2016 and get ranked internationally with ITU (International Triathlon Union). I've been getting better every day; it really makes a difference training with a coach, especially with a specific goal in mind!

In February I spent time in Hawaii, filming a documentary for my wet suit sponsor, Mormaii. It will air on national TV in Brazil only, unfortunately. It was a blast, with really good training and surfing! I also did a race in Kona, on the Big Island.

In April I flew to Brazil for my first race down there, on the National Paratriathlon Circuit. Of course, I still have a lot to improve. But I did my best time ever and it was good enough to make the cut for the National Paratriathlon Team! Next big race is the PanAmerican Paratriathlon Cup in Dallas, Texas, on June 1. Before that, I have the 13th Annual PossAbilities Triathlon. After Texas, my schedule includes: Chicago in June; Edmonton, Canada, in August; and then Brazil again in October.

I'm focused and determined. At this point, every minute and every second starts to count. It could mean the difference between being at that start line in 2016 or not.

Farewell and thank you for your continued support!

*Andre*

Para Canoe World Championships, followed by the Para Canoe World Sprint Championships in Rio de Janeiro. These are lofty goals and I have set the bar high for myself to reach and complete these challenges.

What a blessing it has been to be a part of the "Road to Rio" program and PossAbilities. They have made all this possible, and provided me the opportunity to attend these races and secure coaches to help me reach the pinnacle of my training. I provide the willpower and PossAbilities provides the means to succeed.

*Greg*



# MEET OUR MEMBER: **Justin Imhof**



## **WHILE GROWING UP JUSTIN IMHOF FOUND AN INTEREST AND PASSION FOR RIDING MOTORCYCLES.**

He started at the young age of 4 with his first PW 50 motorcycle. His first race was at the age of 11. He wanted to be the best he could be at everything. Competing was in his blood. Although he had a love for soccer, he found it hard to be on a team, especially when he had to rely on others. Riding motorcycles gave him a sense of “independence when you win knowing that you are the only one responsible for the win.”

Justin started racing in the summer of 2008 and ended up winning the 0–200 championship in his rookie year! He then was recognized by KTM, one of the top five motorcycle companies. As a result, he followed up his championship in the 0–200 class with a championship in the 250 class.

2010 was a big year of wins for Justin. He ended up winning three overall championships that year, one of which was beating the JCR Honda team as an iron man! The race took place at night and took about five to six hours of constant racing.

Justin came into the finish line dead tired with the win. Not only did he win, but he won the race by a 10-minute lead. The win led to Justin joining the JCR Honda team the following year.

Later that year he rode for JCR Honda in the world famous Baja 1000, on November 18, 2010. That day would change his life forever. Justin says, “It was the day I was reborn.” While racing, he was involved in a horrific crash. He went into a coma for three weeks and sustained a traumatic brain injury, sheering the nerves in his neck, breaking several ribs and a collar bone and a shattering scapula.

Justin made a miraculous recovery and continues to undergo therapy. These days Justin attends college and loves water sports and watching motocross. He is very competitive, so he’s always looking for the next new challenge.

## **WOULD YOU LIKE TO TELL YOUR STORY?**

Email your biography and high-resolution photo to [cowilliams@llu.edu](mailto:cowilliams@llu.edu).

## **The Inland Empire Disabilities Collaborative Disability Resources EXPO**

Save the date! Coming on September 13, 2014.





# Support Groups

## **AMPUTEE CONNECTION**

For program information or to request a visit from one of our volunteers, call Bill Nessel at **909-423-0562**.  
[www.theamputeeconnection.org](http://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**.

## **LARYNGECTOMY 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**

**NEW!**

Third Thursday of the month, 6 to 7:30 p.m.  
Loma Linda University  
Medical Center East Campus  
Tom & Vi Zapara Rehabilitation Pavilion  
25333 Barton Road, Loma Linda, CA 92354  
For questions regarding meeting details, email [redlandsautismparents@gmail.com](mailto: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](mailto:info@brainstorming4us.com) or visit [www.brainstorming4us.com](http://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](mailto: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 **800-986-HITSS (800-986-4487)**, 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**.

## **MOMS 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 **909-558-6384**.

## **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 **877-LLUMC-4U (877-558-6248)**.

*For a complimentary Medicare health plan and enrollment consultation, call Sarah Welsh at **909-520-8482**.*





# Resource Guide

## **AMPUTEE COALITION (AC)**

888-267-5669 or TTY 865-525-4512

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

## **ARTHRITIS**

### **ARTHRITIS FOUNDATION**

800-283-7800

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

### **JUVENILE ARTHRITIS ALLIANCE (JA ALLIANCE)**

800-283-7800

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

## **BLINDNESS**

### **AMERICAN FOUNDATION FOR THE BLIND**

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**

951-341-9244

Information, referrals, housing support, counseling, Braille tape transcription, speakers bureau, transportation assistance and prevocational training

### **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**

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**

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

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

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

## **MULTIPLE SCLEROSIS**

### **NATIONAL MULTIPLE SCLEROSIS SOCIETY/SOUTHERN CALIFORNIA CHAPTER**

800-FIGHT-MS (800-344-4867)

## **MUSCULAR DYSTROPHY**

### **MUSCULAR DYSTROPHY ASSOCIATION**

800-572-1717

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

## **SPINAL CORD INJURY (SCI)**

### **CALIFORNIA PARALYZED VETERANS ASSOCIATION**

562-826-5713 or 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](http://www.strokesocal.org)

### **AMERICAN BRAIN TUMOR ASSOCIATION**

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

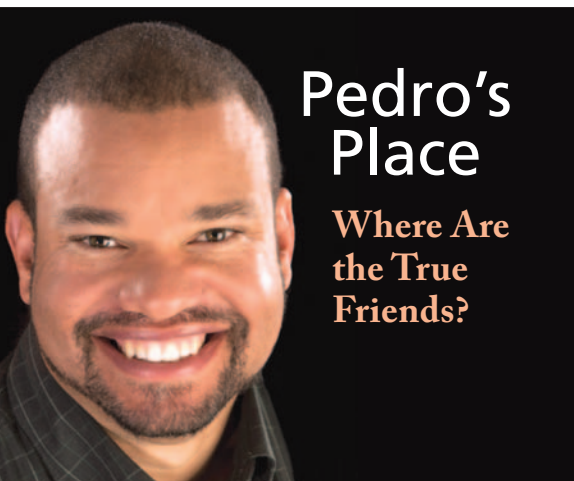
Cotie Williams  
Editor

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## Pedro's Place

Where Are  
the True  
Friends?

Making time for those we love can be the single most important act of love we can give. At times we may think that the best way to let someone know we love them is to express it in words or to give him or her a gift or money. While those expressions of love are valuable and oftentimes desired, they may not always convey the depth of your love to the other person. I believe that sometimes the best way to say "I love you" is simply to spend time with the person you love. You do not have to be engaged in an exciting activity or have a predetermined list of things to do. Sometimes the best *together times* are when you don't have any particular itinerary or agenda but simply are together. When you give of your time to others, you are telling them that they are important enough for you to dedicate a portion of your busy life to just them and no one else! That's a beautiful way to make anyone feel special and appreciated. So, next time you are having trouble deciding on a special gift for someone you love, consider the gift of time—together time!

Loma Linda University  
**PossAbilities**  
**Road**  
**to Rio**  
Sports Luncheon

featuring  
guest speaker  
Paralympic Medalist  
and Dancing with the Stars  
Runner Up  
AMY PURDY

Wednesday,  
**October**  
Noon-2pm

Wong Kerlee Conference Center  
Loma Linda University Campus

For more information, visit <https://advancement.lluhealth.org/roadtorio2014>

LOMA LINDA UNIVERSITY PossAbilities

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