PossAbilities Recognized for Exemplary Work PAGE 4

10th Annual Celebration Dinner Empowers Family and Friends PAGE 6

Meet Our Member—Lauren Brooks PAGE 9
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 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

Learn more about featured PossAbilities members and becoming a member or volunteer. Just snap a photo of this icon with your smartphone.
## 2014 Calendar of Events and Activities

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ongoing</strong></td>
<td>Stretching and Exercise Program (every Tuesday)</td>
</tr>
<tr>
<td><strong>Ongoing</strong></td>
<td>Sickle Cell Education Series (2nd Thursday of month)</td>
</tr>
<tr>
<td>1/18</td>
<td>Rolling Bears Phoenix Tournament</td>
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<tr>
<td>1/27–3/17</td>
<td>Adaptive Kayaking Class (8 weeks)</td>
</tr>
<tr>
<td>2/8</td>
<td>Tour de Palm Springs</td>
</tr>
<tr>
<td>3/9</td>
<td>Adaptive Kayaking Open Water Trip</td>
</tr>
<tr>
<td>3/16</td>
<td>Power of Inclusion 5K</td>
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<tr>
<td>3/29</td>
<td>Brainstorming Walk 4 Thought</td>
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<tr>
<td>4/3–4/6</td>
<td>Redlands Bicycle Classic Para-Cycling Race</td>
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<tr>
<td>4/3–4/6</td>
<td>National Wheelchair Basketball Tournament</td>
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<tr>
<td>4/27</td>
<td>12th Anniversary PossAbilities Triathlon</td>
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<tr>
<td>5/7</td>
<td>LLUCH Children’s Day</td>
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<tr>
<td>5/14–6/4</td>
<td>Spinal Cord Injury Mixer (Wednesdays)</td>
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<tr>
<td>5/22</td>
<td>Colton Club PossAbilities Prom</td>
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<tr>
<td>5/30</td>
<td>Citrus Valley Club PossAbilities Prom</td>
</tr>
<tr>
<td>6/1–8/31</td>
<td>Grant and Scholarship Application is open</td>
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<tr>
<td>6/22</td>
<td>Arts and Crafts Workshop</td>
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<tr>
<td>6/29</td>
<td>Tinman Triathlon and 5K Run/Walk/Roll</td>
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<tr>
<td>7/2–7/6</td>
<td>National Para-Cycling Road Championships</td>
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<tr>
<td>7/20</td>
<td>Kids Pool Party</td>
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<tr>
<td>7/27</td>
<td>Arts &amp; Crafts Workshop</td>
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<tr>
<td>8/3–8/24</td>
<td>Drayson SwimAbilities Program (Sundays)</td>
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<tr>
<td>8/24</td>
<td>Arts and Crafts Workshop</td>
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<tr>
<td>8/28–9/1</td>
<td>Para-Cycling Road World Championships</td>
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<tr>
<td>8/31</td>
<td>Annual Women’s Luncheon</td>
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<tr>
<td>SEPT</td>
<td>Extreme Football Opening Day</td>
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<tr>
<td>SEPT</td>
<td>Adaptive Kayaking Class (8 weeks)</td>
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<td>9/3–9/24</td>
<td>Spinal Cord Injury Mixer (Wednesdays)</td>
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<td>TBD</td>
<td>Sickle Cell Symposium</td>
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<td>9/13</td>
<td>IEDC Disability Expo</td>
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<td>9/19</td>
<td>Wheels for the World Chair Drive</td>
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<tr>
<td>9/22</td>
<td>LLU Welcome Back Bash</td>
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<td>10/4</td>
<td>Disability Sports Festival at CSUSB</td>
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<td>10/5</td>
<td>Painting Workshop</td>
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<td>10/8</td>
<td>Sports Luncheon</td>
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<td>10/19</td>
<td>CAF San Diego Triathlon Challenge</td>
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<td>10/22</td>
<td>Senior Health Fair</td>
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<td>10/26–11/16</td>
<td>Drayson SwimAbilities Program (Sundays)</td>
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<td>10/31</td>
<td>Children’s Hospital Fall Festival</td>
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<tr>
<td>12/7</td>
<td>Annual Celebration Dinner</td>
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<tr>
<td>12/14</td>
<td>Children’s Christmas Party</td>
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<tr>
<td><strong>Monthly bike rides</strong>—last Sunday of every month. For more details about the events listed above, please call 909-558-6384.</td>
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LOMA LINDA: PossAbilities Recognized for Exemplary Work

Loma Linda University PossAbilities has received national recognition from the American Hospital Association (AHA) as an example of an innovative hospital-based program that improves the quality of life of the population it serves.

LLU PossAbilities is one of only two hospitals from California featured in the ninth edition of Community Connections: Ideas and Innovations for Hospital Leaders, which recognizes hospitals that exemplify national best practices in one of four areas: meeting their community’s social and basic needs, promoting community health, expanding access and coverage and enhancing the quality of life of the people they serve.

The AHA publication, sent out each year to every hospital CEO in the nation, highlights innovative programs that demonstrate the various ways hospitals and health systems provide for and benefit their communities. A copy of the publication may be viewed at www.ahacommunityconnections.org.

“We could not be more pleased to receive this honor,” says Pedro R. Payne, manager of PossAbilities. “This is a great opportunity for hospitals across the nation to learn about how Loma Linda University Health is engaged in the health and well-being of our local community. Our hope is that more hospitals are able to replicate our program and expand their reach as they help to improve the quality of life of individuals with permanent disabilities.”

PossAbilities is a community outreach program developed by Loma Linda University Center East Campus and supported by founding partner, the San Manuel Band of Mission Indians. PossAbilities’ goal is to offer physically challenged people born with or sustaining a permanent physical injury a sense of community by offering activities and practical help.

The program offers a variety of activities and initiatives that offer support, education and athletic endeavors to its members, including hosting the yearly PossAbilities Triathlon, an event with thousands of able-bodied and challenged athletes, and Road to Rio, a training program for athletes hoping to compete at the 2016 Paralympics.
When you participate in a triathlon, it is easy to see that people of all ages and abilities like to swim, bike and run. Triathlon is a sport that can include everyone because many people learn how to swim or bike or run at some point in their lives. Sometimes you might see athletes at a race who are a little different than you, but they still like to race.

USA Triathlon Kid Hayleigh Yeoh faces challenges in her daily life, but she still likes triathlon and other sports, just like you.

Hayleigh is 8 and lives in California. She was born with an eye problem that makes it hard for her to see, and she uses braces to walk because she was also born without toes. Hayleigh started swimming when she was very young and has also tried horseback riding, skiing and sled hockey. She has competed for five years in the Annual PossAbilities Triathlon. Hayleigh also enjoys reading and spends some of her free time singing and playing the piano or the violin. She is a third-grader.

One day she visited the U.S. Olympic Training Center in Chula Vista with her class, and they met Paralympic track and field athlete Blake Leeper.

Like many other USA Triathlon Kids her age, Hayleigh wants to compete in triathlons for a long time and inspire other people around her. “I will continue to work hard and also do well in my studies and music,” Hayleigh says. “I know that there are some things that I cannot do because of my eyesight or feet, but there are many other things that I can do.”
The evening of December 8 was once again a time for celebrating. The special date marked the 10th Anniversary of the Celebration Dinner. In 2003, this free dinner was created to provide an opportunity for PossAbilities members and their families to gather together and share their accomplishments and achievements. In addition to the individual achievements, the program’s growth and development is celebrated as well. The dinner accommodates a time to catch up with old friends, meet new people and enjoy a great meal with top-notch entertainment. Below are some highlights and features of this year’s dinner.

**Highlights**

- San Manuel Band of Mission Indians was recognized for their long standing support of PossAbilities.
- Loma Linda University Advancement Films prepared a new PossAbilities commercial that highlighted how the program helps provide new direction and hope to its members.
- Jimmy Grissom (member with cerebral palsy) sang a beautiful rendition of “Amazing Grace.”
- A “Celebrations” video aired that highlighted some exciting news from a few of our members:
  - Steven Hoffman landed a lead role in an international television commercial.
  - Lauren Brooks participated in a pageant and became the “2013 Junior Miss You Can Do it” first runner-up.
  - Jesse Ramos and his wife welcomed to life their new baby boy.
- Member Gregory Crouse and Support Member Jordan The were recognized for their devotion to PossAbilities.
- Hall of Heroes new inductee Joshua Dotson was announced.
- Special music and ambiance provided by local artist Vaughn Fahie.
- Photo booth for family and friends.
- Prize drawing winners were announced.
- $55,312 in grants and scholarships were awarded to 19 members.

We extend a heartfelt thanks to Dara (pictured above) and her band for delivering a spirit-filled performance.

**Special Guest Performance by Dara Maclean**

Musical depth and Christian joy have rarely come together as compellingly as they do in the music of Dara Maclean. Hers is a joyful mix of pop idioms and eternal truths, beats and the good news. Dara is a singer of incredible grace, power and control as well as a gifted songwriter. She began singing at age eight, then went on to lead worship and actively pursue youth ministry. Dara continues to serve with her family in their local church. Heavily influenced by the era of Motown and contemporary music, Dara grew up loving music. This combination makes for a sound that is a pure celebration that captures the joy and exuberance of being swept up in God’s love.
Hall of Heroes—Joshua Dotson

The Hall of Heroes was created 12 years ago as a physical location in the Loma Linda University Health East Campus Outpatient Rehabilitation where unique people could be recognized for their ability to overcome adversity, find a new beginning after suffering a traumatic injury and use their life actions to inspire others. Each year, a committee gathers to make nominations for those outstanding community members to be considered for the Hall of Heroes. Heroes are chosen based on their integrity, tenacity and the example that they set for others. Recipients of these awards are announced at the PossAbilities Annual Celebration Dinner. This year, we congratulated our new hero—Joshua Dotson!
Christmas Came Early for Our Children!

The LLU Children’s Hospital Spina Bifida team and PossAbilities partnered this year to give clinic patients, members of PossAbilities and all of their families a snow-filled day with Santa. A scrumptious Mexican meal was provided to the guests along with face painting and crafts, snowball tossing to music and sleigh rides in a horse-drawn carriage. All the festivities brought excitement and laughter to adults and children alike. Santa posed while pictures were taken after each child and their siblings received a Christmas gift. With the help and sponsorship of our community partners from San Manuel Band of Mission Indians, Bard Medical, Coloplast Corp, Hollister Incorporated and Shield Healthcare, a wonderful time was had by all.

Join Us for the NEW Summer Spinal Cord Injury Mixer

Do you have a spinal cord injury and want to meet new people while learning fun tips and tricks to living with a disability? Come meet others like you while learning new things. Highlights include:

- A guest chef teaches you how to prepare a healthy meal
- An athletic trainer teaches you how to exercise at home
- A massage therapist will give you a massage while teaching you how to manage your pain
- New technology will be on hand for you to try and someone will help you find out if you have the right wheelchair

Mixers will take place from May 14 to June 4 each Wednesday.

Location: PossAbilities office
Professional Plaza–Building A
25455 Barton Rd., Suite 109A
Loma Linda, CA 92354

Go to www.teampossabilities.org. Click on the upcoming events tab and select "Summer Spinal Cord Mixer."

DID YOU KNOW?

2013 PossAbilities Grants and Scholarships

<table>
<thead>
<tr>
<th>$55,312.00</th>
<th>Total $’s granted</th>
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<tbody>
<tr>
<td>19</td>
<td>Recipients</td>
</tr>
<tr>
<td>42</td>
<td>Requests</td>
</tr>
<tr>
<td>11</td>
<td>Different disabilities</td>
</tr>
<tr>
<td>3</td>
<td>Awards under age 18</td>
</tr>
<tr>
<td>16</td>
<td>Awards over age 18</td>
</tr>
<tr>
<td>5</td>
<td>Awards 55+</td>
</tr>
</tbody>
</table>

2014 applications will be available online from June 1, 2014 to August 31, 2014.

Submit your application at www.teampossabilities.org/2014Grants.
Hi, my name is Lauren Brooks, and I’m 11 years old and I have cerebral palsy. Cerebral palsy is not degenerative, and it impacts people in different ways. For me, it affected my legs and my arms. I walk on my own and I talk a lot. I use a walker for longer distances (like school), and I use a wheelchair for super-long distances (like Disneyland).

I like that I can be independent, and I do a lot of things for myself. I go to a regular school and can do almost anything for myself there. I do need help opening the bathroom door, but my friends usually help me. I have never gotten anything other than an A on my report card. At home, I do almost everything for myself.

I refuse to let my disability stop me from doing the things I love. I have been in two plays at the Yucaipa Little Theater. I was in The Little Mermaid and Annie. In The Little Mermaid, I played Flounder. I had a big solo, and I had lots of lines to memorize. In Annie, I played an orphan. I had the pleasure of competing in the Miss You Can Do It pageant for girls with disabilities in July 2013. I traveled to Kewanee, Ill. I won first runner-up. I also won best private interview and best casual wear. I met a lot of friends who have disabilities, too.

I like reading, playing video games and using my rainbow loom. I also like hanging out with my friends, listening to music, hanging out with my family and playing with my dogs.

I have goals for the future. When I am older, I want to be an actress and comedian. If I have any spare time, I would also like to be a writer. In January of 2015, I am hoping to participate in the Tinker Bell 5K at Disneyland. I would like to do this on my own with my wheelchair as opposed to being pushed in my chair. I have some work ahead of me. My dream come true would be to be on TV or in a movie someday. I hope to inspire others by always pursuing my dreams.
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

**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, extension 43909.

**AUTISM PARENTS SUPPORT GROUP**
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.

**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 800-986-HITSS (986-4487), extension 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 (558-6248).

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

For more information, call Department of Speech Pathology at 909-558-4000, extension 43909.

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

AMPUTE COALITION (AC)
888-267-5669 or TTY 865-525-4512
www.amputee-coalition.org

ARTHRITE
ARTHRITE FOUNDATION
800-283-7800
www.arthritis.org

JUVENILE ARTHRITIS ALLIANCE (JA ALLIANCE)
800-283-7800
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

BLINDNESS SUPPORT SERVICES, INC.
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

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
800-444-6443
Creating a better future through brain injury prevention, research, education and advocacy
www.biausa.org

CEREBRAL PALSY
UNITED CEREBRAL PALSY
800-USA-5UCP (872-5827)
national@ucp.org
www.ucp.org

MULTIPLE SCLEROSIS
NATIONAL MULTIPLE SCLEROSIS SOCIETY/SOUTHERN CALIFORNIA CHAPTER
800-FIGHT-MS (344-4867)

MUSCULAR DYSTROPHY
MUSCULAR DYSTROPHY ASSOCIATION
800-572-1717
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

AMERICAN BRAIN TUMOR ASSOCIATION
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.
Have you noticed that the word “friend” is often given a very broad definition in our society? It seems like we often refer to people we know as friends when, in fact, they are simply people we know. It’s no wonder our “friends” often let us down. Perhaps we have placed people in a category they were not ready to occupy. I often hear people express their frustration with their friends. They say, “So-and-so stabbed me in the back” or “I thought I could count on this person, but I was wrong.” This got me thinking: What exactly is a true friend? When we think of a true friend, we tend to think of a person we can count on in times of hardship or pain. Someone who has seen us at our best and at our worst, yet they are still willing to be our friend. This type of person is seldom found. Why is it so hard to find true friends? Well, what about us? Would we qualify as a true friend? How do we react when our friend has intentionally hurt us but is now in desperate need of a second chance? Are we there for them when they are acting intolerably yet they don’t even realize it? Hmmm, perhaps true friendship awaits us once we learn how to be a true friend to someone else … no matter what!