

PossAbilities & you

Spring 2014

www.teampossabilities.org

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SAN MANUEL
BAND OF MISSION INDIANS
FOUNDING PARTNER



Find us on
Facebook

PossAbilities at LLUMC



On Our Cover

Alicia Garcia became a paraplegic at age 4 and now is a peer visitor for LLUH East Campus.

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

Ongoing	Stretching and Exercise Program (every Tuesday)	7/27	Arts & Crafts Workshop
Ongoing	Sickle Cell Education Series (2nd Thursday of month)	8/3–8/24	Drayson SwimAbilities Program (Sundays)
1/18	Rolling Bears Phoenix Tournament	8/24	Arts and Crafts Workshop
1/27–3/17	Adaptive Kayaking Class (8 weeks)	8/28–9/1	Para-Cycling Road World Championships
2/8	Tour de Palm Springs	8/31	Annual Women's Luncheon
3/9	Adaptive Kayaking Open Water Trip	SEPT	Extreme Football Opening Day
3/16	Power of Inclusion 5K	SEPT	Adaptive Kayaking Class (8 weeks)
3/29	Brainstorming Walk 4 Thought	9/3–9/24	Spinal Cord Injury Mixer (Wednesdays)
4/3–4/6	Redlands Bicycle Classic Para-Cycling Race	TBD	Sickle Cell Symposium
4/3–4/6	National Wheelchair Basketball Tournament	9/13	IEDC Disability Expo
4/27	12th Anniversary PossAbilities Triathlon	9/19	Wheels for the World Chair Drive
5/7	LLUCH Children's Day	9/22	LLU Welcome Back Bash
5/14–6/4	Spinal Cord Injury Mixer (Wednesdays)	10/4	Disability Sports Festival at CSUSB
5/22	Colton Club PossAbilities Prom	10/5	Painting Workshop
5/30	Citrus Valley Club PossAbilities Prom	10/8	Sports Luncheon
6/1–8/31	Grant and Scholarship Application is open	10/19	CAF San Diego Triathlon Challenge
6/22	Arts and Crafts Workshop	10/22	Senior Health Fair
6/29	Tinman Triathlon and 5K Run/Walk/Roll	10/26–11/16	Drayson SwimAbilities Program (Sundays)
7/2–7/6	National Para-Cycling Road Championships	10/31	Children's Hospital Fall Festival
7/20	Kids Pool Party	12/7	Annual Celebration Dinner
		12/14	Children's Christmas Party

Monthly bike rides—last Sunday of every month.

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



John Kim (left) leads a free weekly stretching and exercise class for members of Loma Linda University PossAbilities. PossAbilities has received national recognition from the American Hospital Association as an example of an innovative hospital-based program. (Photo courtesy of Brandon Barsugli)

LOMA LINDA: PossAbilities Recognized for **Exemplary Work**

*Article written by: Herbert Atienza, Media Relations Specialist
—Loma Linda University Health*

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.

Find Us on Facebook!

Stay up to date with PossAbilities' latest activities. Visit us at www.facebook.com/PossAbilitiesatLLUMC.

USA Triathlon Magazine Writes an Article About PossAbilities, Hayleigh Yeoh

Excerpts from USA Triathlon Summer 2013 edition. "Challenges Can't Keep USA Triathlon Kids from Competing," written by Lindsay Wyskowski.

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."



Rolling Start, Inc., is a free resource center for independent living. Their mission is to empower people with disabilities to achieve the independent lifestyle of THEIR CHOICE. They are proudly serving San Bernardino, Inyo and Mono counties. Their mission is to motivate people with disabilities to enhance their independence through independent living skills, assistive technology (AT) equipment, resources, personal care attendant referral and advocacy.

Their independent living specialists (ILS) assist consumers with applying for all types of Social Security benefits, including reconsideration, appeals, hearings, overpayments and renewals. The ILS also assists with the individual education plan (IEP) for children with disabilities.

Independent living skills classes include money management, cooking on a budget, job-seeking skills, computer classes and travel training assistance. They offer housing referrals for individuals seeking to get out of convalescent homes, board and care facilities and so on to strengthen their independence.

They provide support to people with disabilities so they can live independently through AT. They have an AT Device Lending Library program so that consumers can access a variety of equipment, such as ramps, walkers, iPads, AT communication devices and smart pens. Rolling Start offers a computer lab for those individuals taking online courses, job seeking or searching for online resources.

Centers for Independent Living serves as a strong advocacy voice on a wide range of national, state and local issues. They work to assure physical and programmatic access to housing, employment, transportation and social services. Their advocacy group meets twice monthly in San Bernardino and once in Victorville, and community members are encouraged to join.

Rolling Start has been an integral part of the disabled community for 36 years. Please contact their office for more information.

ROLLING START, INC.
570 West Fourth St., Suite 107
San Bernardino, CA 92401
909-884-2129
TTY 909-884-7396



10th Annual Celebration Dinner Empowers **Family and Friends**

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.



Jordan The
and Gregory
Crouse (Left
to right)



NEW!

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!

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.



NEW!

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

\$55,312.00	Total \$'s granted
19	Recipients
42	Requests
11	Different disabilities
3	Awards under age 18
16	Awards over age 18
5	Awards 55+

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

Submit your application at www.teampossabilities.org/2014Grants.



MEET OUR MEMBER

Lauren Brooks

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.



WOULD YOU LIKE TO TELL YOUR STORY?

Email your biography and high resolution photo to cowilliams@llu.edu.



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**.

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**, extension 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.

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)**.

*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

ARTHRITIS

ARTHRITIS 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.



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

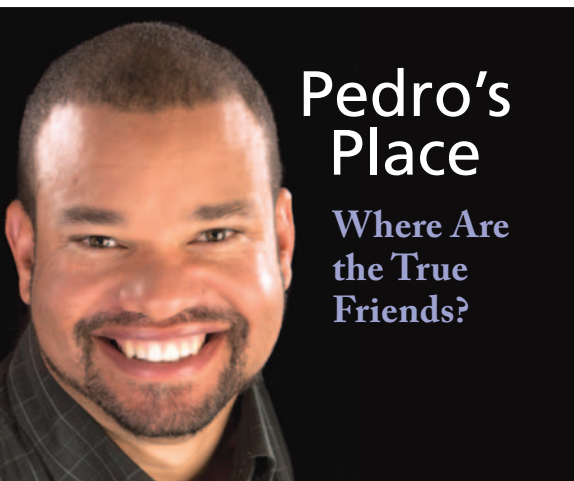
Cotie Williams
Editor

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Pedro's Place

Where Are
the True
Friends?

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? Hmm, perhaps true friendship awaits us once we learn how to be a true friend to someone else ... no matter what!

Save the Date

Saturday **September 13, 2014** 9am-2pm

Inland Empire Disabilities Collaborative **Disability Resources expo**

FREE with Registration

Riverside Convention Center
3637 Fifth Street Riverside, CA 92501

Exhibits on:

- Health
- Housing
- Transportation
- Advocacy
- Employment
- Assistive Technology
- Education
- Recreation
- Youth Services
- Senior Services



For more info visit: www.IEDisabilitiesExpo.org

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call **909-558-6664** or email cowilliams@llu.edu.