



LOMA LINDA
UNIVERSITY
HEALTH

PossAbilities & you

Winter 2015

www.teampossabilities.org



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Quest
Diagnostics



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On Our Cover

Amy Purdy: World Class Snowboarder and 2014 Paralympic Bronze Medalist and Season 18 "Dancing with the Stars" Runner-Up. Photo credit to U.S. Olympic Committee/NBC Olympics.

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.



QUEST DIAGNOSTICS DONATES \$1 MILLION to Become Exclusive Program Title Sponsor for Loma Linda University PossAbilities

By James Ponder



Pictured left to right: Patricia V. Murphy, commercial sales director for Quest Diagnostics Incorporated, and Garry FitzGerald, M.D., vice president for business development at Loma Linda University Health Care.

Quest Diagnostics, the world's leading provider of diagnostic testing, information and services, recently became the exclusive program title sponsor for Loma Linda University PossAbilities, the free, non-profit community outreach program for people with permanent physical disabilities.

The sponsorship agreement calls for Quest Diagnostics to contribute \$1 million to the PossAbilities program over the next three years, beginning January 1, 2015.

"We would like to thank our founding partner, San Manuel Band of Mission Indians, for the support they offered us over the last seven years," noted Pedro Payne, Ph.D., director of PossAbilities.

"We now take our first steps into the future with our new title sponsor, Quest Diagnostics. With this new collaboration, we look forward to a fruitful partnership that will last for many years."

Although the official check presentation ceremony will not take place until January, the sponsorship agreement was announced at the October 8 Road to Rio Sports Luncheon in the Wong Kerlee International Conference Center. At that time, Garry FitzGerald, M.D., vice president for business development at Loma Linda University Health Care, announced the sponsorship agreement and presented Patricia V. Murphy, commercial sales director for Quest Diagnostics Incorporated, a bouquet of flowers in appreciation for her organization's generous support.

"PossAbilities strives to restore wholeness of body and soul through physical, spiritual and social means," Murphy said. "It has been a growth experience for me to get to know the PossAbilities team, and I look forward to the opportunity to be a part of this extraordinary organization for years to come."

Cotie Williams, manager of community outreach and patient experience at Loma Linda University Medical Center East Campus and Loma Linda University Heart and Surgical Hospital, said monies from the Quest contribution will be used to fund a variety of PossAbilities activities, including the Road to Rio program, the annual triathlon, the celebration dinner, the Redlands Bicycle Classic Para-Cycling Race Series, and the Inland Empire Disabilities Collaborative Expo and Conference.

In addition, Williams said the funds will also underwrite the annual grant and scholarship program that awards more than \$50,000 per year in adaptive equipment, accessibility projects, sporting activities and educational scholarships for PossAbilities members.

"Within PossAbilities, we do all of our own fundraising," Williams reports. "Every dollar raised goes directly back to our disabled members. It is with such grateful hearts that we receive this gift from Quest Diagnostics. As partners, we are able to continue to create opportunities providing new direction and hope to those we serve."



Amy Purdy **KEEPS IT POSITIVE** at PossAbilities Luncheon

by James Ponder

Amy Purdy, the 2014 Paralympic bronze medalist in snowboarding and “Dancing with the Stars” runner-up recently spoke at the Loma Linda University PossAbilities Road to Rio Sports Luncheon. The double amputee told the enthusiastic crowd that she doesn’t let disability interfere with a life of fulfillment and creativity.

Striding confidently across the stage, Purdy shared her remarkable story of recovery from bacterial meningitis. After coming down with what she dismissed as flu-like symptoms at the age of 19, Purdy lapsed into septic shock, which ultimately resulted in the loss of both legs, both kidneys and her spleen. As she recovered in bed for a month, Purdy made up her mind to create a brand-new future for herself.

By focusing on opportunities rather than limitations, she realized that she suddenly had new options in life. She could, for instance, wear short prosthetic legs when spending time with her boyfriend and taller legs when she went out in public. Purdy concluded with a suggestion on how to face difficult circumstances. Instead of looking at challenges as negative, we should learn to see them as blessings, and as opportunities to build a positive future.

Members of the audience—many of whom also had disabilities—exploded in appreciative applause after hearing her inspirational message. The event was held on Wednesday, October 8, in the Wong Kerlee International Conference Center.



Amy Purdy recently spoke at the Loma Linda University PossAbilities Road to Rio Sports Luncheon.



Road to Rio Athlete Update

TO READ OUR ATHLETE BLOGS GO TO WWW.TEAMPOSSABILITIES.ORG/ROAD-TO-RIO-ATHLETES-BLOG.

Andre Is Currently Second in His Nation!

From Manaus, Brazil, October 11, 2014

Hello my PossAbilities friends!

I have raced in some hot weather but this was a whole different level. Deep in the Amazon jungle, the heat combined with the humidity makes for some uncomfortable racing. This was the final race of the Brazilian circuit of the Paratriathlon and also the final leg of the world's ITU Paratriathlon. They even showed the event live on national TV in Brazil.

I arrived a week earlier to acclimate, and that really made a difference. I made sure to train at the worst of times, like noon, to really suffer and be ready when race day came. And it paid off!

The race was so thrilling; it changed leadership four times! Toward the end, when I was leaving Transition 2 (from cycling to running), I thought I would have to settle for second place, but "it's not over until it's over." With less than half a mile to the finish line, I pulled out a gear I didn't know I had in my bag of tricks! I was able to ignore knee pain and run like Forrest Gump, to finish in first place, straight into the arms of my crying parents! What a feeling.

Manaus is a very special place for me now. With the win, I'm now second in the national rankings, so if the Paralympics were to happen now, I would be in! But this is by no means time to relax. There's still a lot of hard work to do, and I won't give up!



Andre Barbieri
(pictured in center)

Thank you to all readers and supporters—much love and blessings from a very happy Andre. :)



Challenged Athletes Foundation

SAN DIEGO TRI CHALLENGE

On October 19, Team PossAbilities traveled to La Jolla to participate in the Challenged Athletes Foundation San Diego Tri Challenge. The event that started more than 20 years ago as a fundraiser to help one athlete, Jim MacLaren, to regain his independence after a tragic second accident, has grown to become one of the most highly regarded and motivational events in the triathlon world. Since that first event, the Aspen Medical Products San Diego Triathlon Challenge has been instrumental in raising the funds that have allowed more than 9,500 challenged athletes from around the world to make it to the starting line and inspired a new generation to realize it has no limits.

The event included a one-mile swim, 44-mile bike ride, and 10-mile run. Team PossAbilities

brought three U.S. relay teams and three Brazilian relay teams and the addition of one of the newest members of PossAbilities, amputee McKenzie Johnson. After a gathering for team orientation, each of our challenged athletes learned the story behind each person and their journeys facing adversity with a disability. As a united team, new friendships were formed, and inspiration was shared one to another among the athletes. An early morning start launched a beautiful day at the La Jolla shores. Each relay team gave it all it had to participate and enjoy the hard work that brought each team member over the finish line. Way to go Team PossAbilities. Thank you to all who participated and volunteered. We are all looking forward to next year!

Team PossAbilities consisted of three U.S. relay teams, three Brazilian relay teams and superstar McKenzie Johnson.





Congratulations Loma Linda University Medical Center East Campus!

Loma Linda University Medical Center East Campus (LLUMC-EC) has been recognized with a Path to Excellence Award from the National Research Corporation (NRC). NRC recognized top performing organizations at the 20th Annual NRC Picker Patient-Centered Care Symposium on September 7 in San Diego. LLUMC-EC received most improved for the “Rate Hospital” question for the highest percentage increase

of patients rating the hospital at a nine or 10 on an 11-point scale. East Campus was one of two facilities selected in the 100- to 300-bed hospital category as a recipient of this award for 2014. Our team at East Campus is a winning team due to its:

- Focus on delivering patient-centered care
- Interdisciplinary teamwork and coordination of efforts in support of the patient experience
- Creativity in developing solutions to address patient needs

Sickle Cell Patient Fair: Education, Celebration and Fun!

Patients and community members joined together to celebrate life at the first-ever Sickle Cell Patient Fair on September 21, 2014. PossAbilities at Loma Linda University Medical Center East Campus Hospital sponsored the all-day event.

Sheila Marchbanks, speaker and facilitator for the Loma Linda University PossAbilities Sickle Cell Support Group, emceed the day's festivities. The featured

speaker was Starlerra Simmons, founder of the Orange County Sickle Cell Foundation. She shared her testimony of life as the mother of two children living with sickle cell disease.

Specialty chef Cynthia Chea gave a cooking demonstration, featuring multiple healthy dishes that the audience could sample. See the column to the right for a healthy recipe from Chea.

Savory Beans (Black, Red, Navy, Lima)

Try this delicious recipe provided by chef Cynthia Chea:

INGREDIENTS

- 1 chopped medium onion
- 2 to 3 minced cloves garlic
- 2 16-oz. cans of beans (drained and rinsed) or 1 lb. dried beans soaked overnight
- 2 tbsp. olive oil
- ½ can coconut milk or unsweetened almond milk (optional)
- 5 sprigs fresh thyme
- 2 sprigs fresh rosemary
- 2 sage leaves
- 1 tbsp. cumin

DIRECTIONS

1. In a large saucepan over medium heat, add 2 tablespoons of olive oil. Once the oil is hot, add onion and sauté until translucent. Add garlic and cook until browned.
2. Add the beans, thyme, rosemary, sage and cumin.
3. If using coconut milk, shake the can, open and pour half the can into the mixture.
4. Lower the heat, cover and cook for 20 minutes.
5. Serve over brown rice and top with avocado, chopped tomatoes, chopped onions and a dollop of cashew cheese.

TIP: Leftovers? No problem! Cooked bean dishes, like this one, are great candidates for freezing. The hearty legumes tend to retain their taste, texture and color for up to three months in the freezer. Just place the cooled beans in an airtight container, freeze and you'll have a delicious homemade side on call.

Inland Empire Disabilities Collaborative RESOURCES EXPO

The Inland Empire Disability Resources Expo took place on Saturday, September 13, 2014. Over 150 exhibitors showcased services and products for seniors and people with disabilities. Over 2,000 attendees were able to learn about important resources, experience great entertainment by people with disabilities and overall feel the support of their community. Feedback from the attendees was overwhelmingly positive in all aspects of the event.

“A memorable moment was when a woman won a \$100 gift card to Smart & Final. When she came to claim her prize, she was in tears because, at the time, her refrigerator was empty and she didn’t know what she was going to do. This brought to

reality why we were there. Many of our attendees, who are seniors and people with disabilities, do have low incomes. The goal, to bring empowering resources to the disability community for independent living, was met beyond our expectations,” says Jannette Zito, Inland Empire Health Plan (IEHP), disability community representative.

The Inland Empire Disabilities Collaborative (IEDC) would like to thank presenting sponsors IEHP and Molina Healthcare, along with the many other sponsors, for their support. The collaboration of member organizations reflected the deep commitment to the IEDC mission: To promote equal opportunity, universal access and full participation of people with disabilities in all aspects of life.



A TRIBUTE TO Papa Joe Barajas



WOULD YOU LIKE TO TELL YOUR STORY?

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

Joe Barajas was born in Riverside, Calif., on December 19, 1933, one of 10 children. During his childhood, he worked with his family picking seasonal crops. He learned to drive at age 10 and his education ended in eighth grade. He had an eye for detail and was quite intelligent. He married young and had four children. He took a course to obtain a construction contractor's license and eventually started his own business. He also had a private pilot license. He lived a good life. We sadly lost Joe last September. He was preceded in death by sons Joseph and Ruben.

Papa Joe was an amazing senior citizen with an amazing family of caregivers.

We had a peer visit with Joe in early August 2010 at LLUMC-EC with his son Ruben. Joe, 76, had just lost his second leg above the knee. They were both very happy to learn of our support group. They joined us and PossAbilities. Joe, his daughter Diana and Diana's husband, Pat Racobs, attended our very next meeting that September! This started a four-year odyssey that was

quite inspiring to all. He shared his 77th birthday with us in December 2010 and every year afterward. He would have been 81 this year.

Joe took to handcycling quickly in 2011 at the Tour de Palm Springs, starting a media frenzy tooling through the streets with no legs on a handcycle! He joined us every year after. He also was in several PossAbilities Triathlons, winning his class! He attended the Disability Sports Festivals. This was all made possible as he was a very active member of the Amputee Connections and PossAbilities, who generously provided him a handcycle. He, along with Diana, Ruben and Pat, set the gold standard as an inspiring amputee and his awesome caregiving family.

He rarely missed a meeting or event because of the great care he received.

WE MISS YOU TERRIBLY, PAPA JOE. R.I.P.

Article by Bill Nessel



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

Spanish/English Group call Luis at **213-700-0970**.

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
Suite 109A 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 (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**.

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)**.

FREE WHEELERS

Spinal Cord Injury Group

Offering support, networking and friendship
First Monday of the month, 5 to 6 p.m. (excluding holidays)
PossAbilities Office
Professional Plaza—Building A
25455 Loma Linda Dr., Suite 109A
Loma Linda, CA 92354
Family is welcome. For more information, call Dennis at **909-890-1527** or email Kaney-D@iehpa.org.

*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.kidsgetarthritistoo.org

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

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 (800-872-5827)

national@ucp.org

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

SPINAL CORD INJURY (SCI)

UNITED SPINAL ASSOCIATION

www.spinalcord.org

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

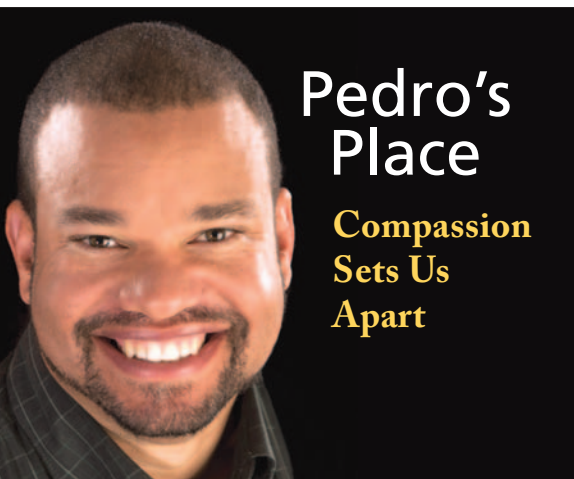
Cotie Williams
Editor

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Pedro's Place

Compassion Sets Us Apart

The ability to exhibit feelings of deep sympathy and sorrow for someone who is suffering is what sets us apart from most of the animal world. This feeling is known as compassion. It is one of the most salient traits Jesus showed during His earthly ministry. As humans, we are able to demonstrate compassion to one degree or another. Surprisingly, most mammals are able to show compassion toward others—in some cases more than some humans!

At the core of compassion is love. Our Lord Jesus reminded us that the ability to show compassion toward others would serve as a distinctive marker that we are His children. He said, "By this will they know that you are my disciples, that you have love one for another" (John 13:34). Compassion, love and empathy are perhaps the most beautiful traits we could ever exhibit. Imagine a world where compassion dictated our every move. Can you imagine a world where everyone would love God and love each other as we would want to be loved?

O Lord, my prayer today is that you teach me to love my neighbor and to show compassion toward those I share this earth with.

Save The Date



LOMA LINDA UNIVERSITY
HEALTH



PossAbilities

Presented by



Quest
Diagnostics

12th Annual TRIATHLON

5K RUN WALK ROLL

April 26²⁰¹⁵



All participants will receive official finish times and a finisher medal.
1st, 2nd and 3rd place medals in all age divisions.
Total prize payout of \$6,000 for all athletes.

5K Run/Walk/Roll Adult Triathlon <ul style="list-style-type: none"> • 3.1 mile run • 11 mile bike • 150 yard swim 	Kid's Triathlon* <ul style="list-style-type: none"> • 1/4 mile run • 1/4 mile bike • 25 yard swim
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Pre-register or sign up to volunteer starting
January 1, 2015
Go to **teampossabilities.org**
and click on **"TRIATHLON"**.

PossAbilities provides resources and opportunities for people with diverse disabilities.

teampossabilities.org

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