

PossAbilities & you

Fall 2014

www.teampossabilities.org

President Barack Obama Recognizes PossAbilities

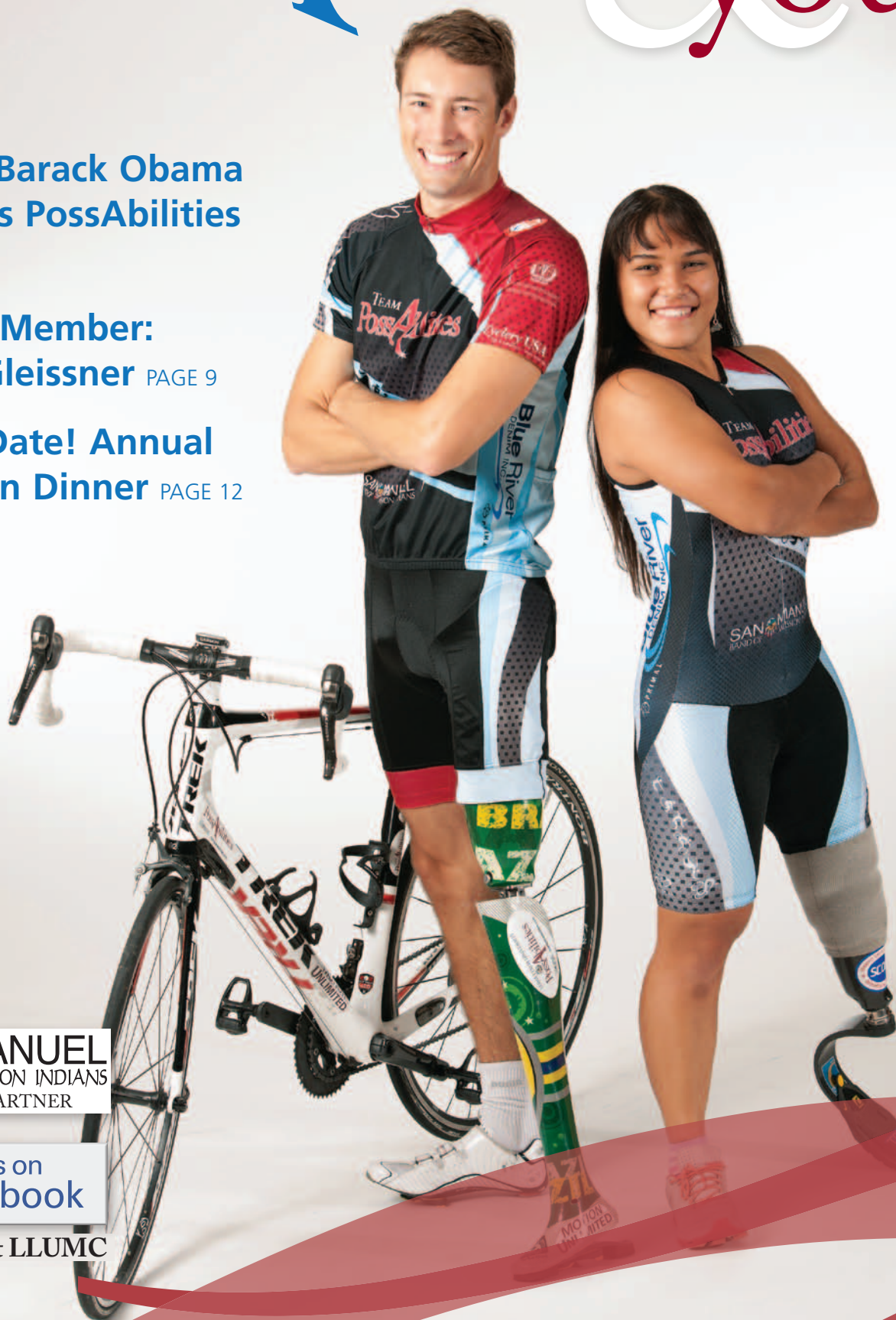
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SAN MANUEL
BAND OF MISSION INDIANS
FOUNDING PARTNER



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PossAbilities at LLUMC



On Our Cover

Umida Lesicko is a triathlete, swimmer and runner who is currently training for the U.S. Paralympic track-and-field team. Andre Barbieri is also a triathlete currently training for the Paralympics in Brazil.

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.

President Barack Obama Recognizes Loma Linda University Health PossAbilities as a

'PRESIDENTIAL CHAMPION'

President Barack Obama recently honored Loma Linda University Health PossAbilities with a Presidential Champion Gold Award in recognition of the program's work to get people with physical disabilities to be active and fit. In the photo (clockwise from left): Pedro R. Payne, director of PossAbilities; Cotie Williams, PossAbilities program coordinator; Lyndon Edwards, administrator, Loma Linda University Medical Center East Campus; and Delmon Dunston, PossAbilities member.



by Herbert Atienza

The White House acknowledged PossAbilities with a Gold Award and a certificate that states, "In recognition of your outstanding commitment to adopt and maintain a physically active and fit lifestyle. By earning this award you have proven yourself to be a Presidential Champion. I hereby congratulate you on this accomplishment."

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, who were born with a disability or have suffered permanent

injury, a sense of community by offering activities and practical help.

Some of these opportunities offered to members include the yearly PossAbilities Triathlon, an event joined in by thousands of able-bodied and challenged athletes, and Road to Rio, a training program for athletes hoping to compete in the 2016 Paralympics.

The Presidential Champion Award is part of the President's Challenge, a program of the President's Council on Physical Fitness, Sports & Nutrition, part of the U.S. Department of Health and Human Services. The program recognizes efforts to help people of all ages and abilities increase their physical activity

and improve their fitness through research-based information, easy-to-use tools and friendly motivations.

"We are deeply humbled to have received this recognition from the President of the United States. It is our hope that the PossAbilities program will continue to provide those with physical disabilities the opportunity to adopt and maintain a healthy lifestyle," says Pedro R. Payne, Ph.D., director of PossAbilities.

"Whether it's through our weekly exercise classes, our monthly bike rides or our annual triathlon, we can think of no better way to help spread our health message other than to 'Live It,'" he says.



\$100 MILLION GIFT

from Dennis and Carol Troesh

Jump-Starts Campaign to Open New Hospitals,
Research Center at Loma Linda University Health by 2020

by Herbert Atienza

Amid a celebration joined in by more than 2,000 people, Loma Linda University Health officials announced in July a gift commitment of \$100 million from Dennis and Carol Troesh. The gift will kick-start a \$1.2 billion strategy to transform health care for millions of families throughout the Inland Empire and beyond, setting a new course for education at Loma Linda University Health.

The pledge from Dennis and Carol Troesh, longtime Riverside, Calif., residents and business leaders, brings the total raised for Vision 2020 to \$149 million. It is believed to be the largest single-gift commitment to health care in the history of the Seventh-Day Adventist Church.

By 2020, the following projects are expected to be completed:

- A new 100-bed Loma Linda University Children's Hospital tower, connected via a glass walkway with the existing Children's Hospital, boosting the total number of licensed beds to 359, including expansion of the Loma Linda University Health Neonatal Intensive Care Unit (NICU)
- A new 276-bed Adult Medical Center, including 96 intensive care beds and 180 medical-surgical beds
- A new \$60 million Loma Linda University Health interdisciplinary hub for research and discovery, and the new Wholeness Institute to improve health outcomes for people in the Inland Empire and beyond



"Now is the time to be bold, look forward to what can be and show daring. So it is with profound excitement that I have the privilege of revealing Vision 2020, a dream of a healthier, more whole world that has been in our hearts and minds for the past few years," says Richard Hart, M.D., president of Loma Linda University Health.

Carol Troesh says the gift reflects her family's support for creating a health and education hub for the benefit of people worldwide.

"Over the years, God has abundantly

blessed our family, and it is our privilege and honor to give back to the community we have called home for most of our lives," she says.

In the 1970s, Dennis Troesh founded Robertson's Ready Mix, growing the company into one of the largest concrete and construction aggregate operations in the Western United States. Writing under the name of C.A. Hartnell, Carol Troesh has authored four books of historical fiction for children. In 2013, she received the Mom's Choice Silver Award for excellence in family friendly



media products and services. The Troeshes are active members and supporters of Loma Linda University Children's Hospital Foundation Board.

The campaign will also make a major investment in education and research, including funding for more laboratories, programs, scientific discoveries, scholarships and faculty development.

Vision 2020 is the largest initiative in the history of Loma Linda University Health and represents the largest investment in health care in the region. The initiative builds on the institution's core strengths of pursuing new discoveries, developing strategies for a healthier world and expanding on the foundations of education, research, clinical care, wholeness and service.

"Now is the time to be bold, look forward to what can be and show daring. So it is with profound excitement that I have the privilege of revealing Vision 2020, a dream of a healthier, more whole world that has been in our hearts and minds for the past few years."

— Richard Hart, M.D., president of Loma Linda University Health

"Vision 2020 is a campaign for a whole tomorrow. It is a catalyst that will bring together a vision for the future for the health of our community," says Rachelle Bussell, senior vice president of advancement at Loma Linda University Health.

"The gift of Dennis and Carol Troesh reflects the generosity of our community and sets an incredible leadership example for our church," she says.

For more than 100 years, Loma Linda University Health has played a leading role in health care and education, graduating more than 45,000 health care professionals.

At present, more than 16,000 alumni are living and working in Southern California, two-thirds of whom are based in the Inland Empire. Loma Linda University Health has graduated more than 10,500 physicians, and at present, half of the practicing medical doctors in San Bernardino County received their education or training at Loma Linda University Health. A total of nearly 7,000 dental health professionals came out of Loma Linda University Health.

Vision 2020 opens a new chapter in Loma Linda University Health's history, allowing it to reach even greater achievements and heights in the future.



Citrus Valley Club PossAbilities Prom

Written by student Mary McCarty (Club President)

As the host of the prom at our school, our PossAbilities club had a blast. We spent a lot of time making sure the kids had the best experience possible. The volunteers realized exactly how much this prom meant to everyone who attended. The teachers of the life-skills class really appreciated the time and effort everyone put in to make the most of this amazing night. Many volunteers had fun serving food and dancing with the kids. One of the volunteers told me how happy she was to have the privilege of participating in such a wonderful event. The kids had the best time eating and dancing the night away. Before the prom began, our club helped all the girls get ready by doing hair, makeup and nails. The boys and girls also all received a boutonniere or corsage. Our club had a lot of help from our school staff members, and we would not have been able to make this happen without them or your generous contribution. Thank you, PossAbilities, for all your help in making this amazing night possible!



Special Photo Exhibit Features Patients and Medical Staff

This fall, Loma Linda University Medical Center unveiled the latest edition of the I Am Hallway. “The I Am Hallway is an engaging way for us to share some inspiring stories about people who provide and receive health care in our LLU Health facilities. Through these stories, we learn more about faithful accomplishment of our mission and the practical importance of living our core values. This is a powerful way for us to remember why we are in the ministry of healing,” says Gerald R. Winslow, Ph.D., VP for Mission and Culture.

This special exhibit is a collection of photographic images of 50 individual photographs and stories that includes a blend of both patients and employees who are doing amazing things with their lives. Twenty-five images are in the main lobby level hallway of the medical center and the other 25 are in the Human Resources building on Redlands Boulevard. Each person featured in the I Am Hallway was asked to select a special word they feel best describes who they are. Among the images featured in this latest edition of the I Am Hallway are

PossAbilities members Alicia Garcia, Eddie Ramirez and Joshua Dotson. Each image contains a brief story about the person that illustrates how their life embodies the meaning of the word they selected.

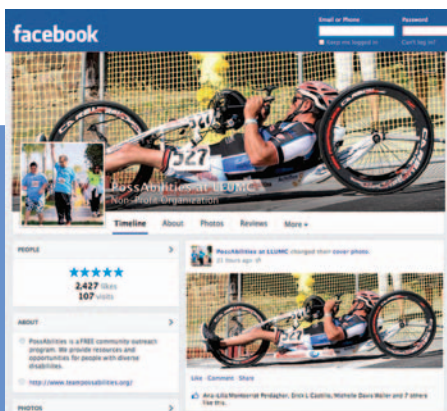
“We are very proud that these PossAbilities members were selected to be included in this wonderful display that embodies the essence of who they are,” says Pedro R. Payne, Ph.D., Director of Community Outreach and Patient Experience. We invite you to go see the I Am Hallway the next time you are visiting our hospital.



Loma Linda University Medical Center CEO **Ruthita J. Fike** Announces Resignation, Effective July 1

by Herbert Atienza

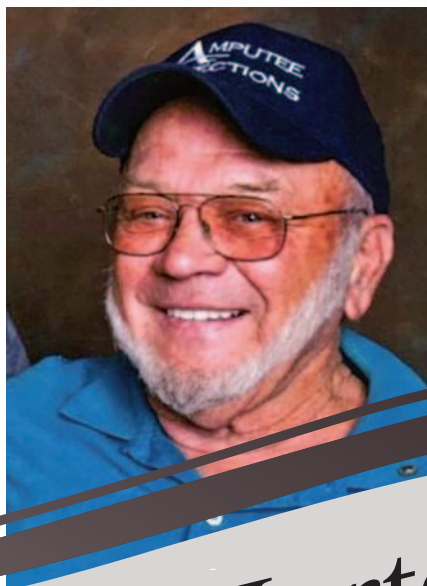
Ruthita J. Fike, CEO and administrator of the 1,076-bed Loma Linda University Medical Center (LLUMC), announced her resignation, effective July 1, 2014. Fike has served in her role since 2004, providing oversight of the Medical Center, LLU Children's Hospital, LLU Behavioral Medicine Center, LLUMC—East Campus, LLU Heart and Surgical Hospital, LLUMC—Murrieta and various signature programs, such as the International Heart Institute and the James M. Slater, M.D. Proton Treatment and Research Center. In a statement of appreciation for her leadership over the past decade, Richard Hart, M.D., president of Loma Linda University Health (LLUH), said, "Ruthita's strategic and operational skills have been a crucial part of the growth of Loma Linda University Health over the last decade. She is leaving a legacy of innovation that will help us fulfill our mission to continue the teaching and healing ministry of Jesus Christ for many years to come." Fike expressed her confidence in the future of Loma Linda in a letter released to the LLUMC leadership team: "The work and care of Loma Linda is truly one of the most important ways in which God is blessing our world through the Seventh-Day Adventist Church, and I am so grateful for the 10 years I have been a part of the Loma Linda family. As I review in my mind the projects that we have taken on during this time, I am convinced once again that God is guiding this organization." LLUH is embarking on the next phase of its ongoing strategic plan for growth, greater integration and enhanced efficiencies. A search for new leadership will begin soon.



Find out about the latest happenings at our Facebook page.
Visit www.facebook.com/PossAbilitiesatLLUMC.



In Loving
Memory of



Bert Horton

by Bill Nessel

Bert Horton passed away on June 21, 2014, at home in Norco, Calif. He was a member of 4-H, Future Farmers of America and the Boy Scouts, and he played high school football. He was a carpenter by trade for many years and followed his dream to own his own business, Horton Construction. He was also a Norco Lion for years, so serving others came quite easily to him.

Around 2002, he became an above-knee amputee from vascular disease. That led him to join an amputee support group called Amputee Connections, in Riverside, Calif. That group was part of the Amputee Connections of Redlands, where I met him. Bert attended both monthly meetings until Riverside ceased to exist. The Redlands group was floundering about the same time and

down to about five members. Bert, Tom Poling and I decided to grab the bull by the horns and rebuild the group. We were quite successful, and after about 10 years, we had upwards of 40 to 60 members.

Bert was an integral part of our success. He partnered with his Lion's group and offered working wheelchairs, scooters, walkers, hospital beds and more to folks who could not afford them. He was a builder by trade and used his skills and big heart to construct home ramps for amputees who needed them. He was also a certified amputee peer visitor. As such, he would go visit new amputees in most of Southern California, not just in the area we served. He was totally dedicated to aiding any amputee or disabled person who needed his help. He was also a character and never met a stranger he

didn't like. He was very much his own man. He helped in restarting Riverside along with turning our Luis Ovando into a Spanish-speaking group. Bert was in the spotlight often but never sought it; he quietly did his thing. He traveled quite a bit, to Lion's conventions and Amputee Coalition Conferences, among other events. We have decided to start a travel grant fund in his name to send members to educational events. Speaking of his traveling, he made friends all across this country. RIP. Gramps is gonna miss you big time.

Bill Nessel
Spokesman
Amputee Connections
909-423-0562
www.theamputeeconnection.org



MEET OUR MEMBER: **Nicholas Gleissner**

My name is Nicholas Gleissner. I was born and raised in Riverside County, Calif., and I am currently 23 years old. Cancer isn't a stranger in my life. My older brother passed away from a rare form of bone cancer in 1998, at the age of 11. My parents and I thought we had seen the last of cancer, but sadly we had not. During my sophomore year of high school, in February 2006, I was diagnosed with childhood cancer. I was 15 years old and had just finished my football season. I had no worries at all. That was until I found myself sitting with my parents and surgeon in a hospital room, where I was told I had an inoperable malignant brain stem tumor.

Living with cancer changed everything for me, with hospitalizations, proton therapy, 15 months of steroid therapy and countless visits to see specialists. The cancer affected my neurological system, which caused problems with my motor functioning. The first two years required me to relearn how to walk and talk as well as learn to dress, feed and groom myself again. Connectors in my brain were not working correctly, and at first, when I was learning how to walk, I couldn't turn to the right. My memory was affected. I did not know who I was or how to communicate. I developed double-blurred vision, which required me to have specially made glasses. I also had to make multiple adjustments in order to work with my new, unfamiliar disabilities.

I was left with right-body paralysis and later developed a movement disorder. I went from a 180-pound lean football player to an almost 300-pound monster. The steroid therapy was to blame for the intense weight gain, but it was needed to reduce the swelling in my brain. After three and a half years of enduring treatment after treatment, therapy after therapy, I returned to high school to complete my senior year and finally graduated.

I dedicate my recovery to all the people who prayed for me and helped me through this traumatic experience. I also credit my recovery to my father, who bought me a three-wheeled bicycle, which played a large part in my rehabilitation and recovery. Since then, I have progressed in recovery, and cycling has become my passion. I have completed two double centuries and 14 single centuries, in addition to getting thousands of miles of experience. I am very blessed to be walking, let alone cycling, and I hope to inspire others like me.



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

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
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**.

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

ARTHRITIS

ARTHRITIS FOUNDATION

800-283-7800

www.arthritis.org

JUVENILE ARTHRITIS ALLIANCE (JA ALLIANCE)

800-283-7800

www.kidsgetarthritis.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)

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

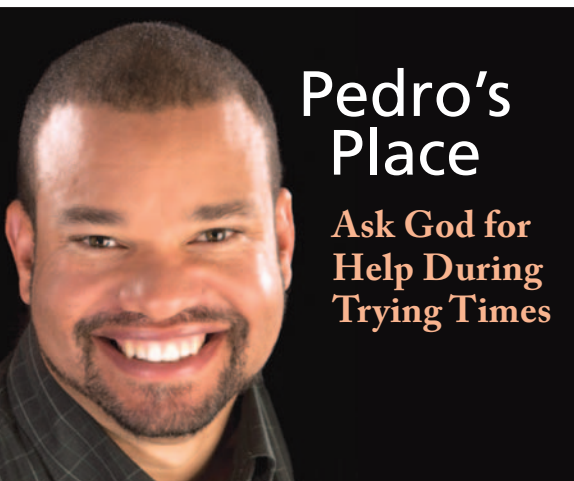
Cotie Williams
Editor

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Pedro's Place

Ask God for
Help During
Trying Times

There are times in our lives when we question our ability to face certain obstacles. However, it is during these trying times that we must look to God for inner strength. The world will tell us that the strength comes from within us. I believe this is just partially correct. Often, when we ask God for help, He honors our request by bestowing the strength we lack instead of changing the circumstances surrounding us. For those times when God opts to help you get through life's rough spots, here are five tips that you may find helpful:

- Develop and nurture a spiritual connection with God if you haven't done so already.
- Seek guidance from the Holy Spirit through prayer.
- Focus on God's purposeful calling for your entire life. If you don't know what that is, ask Him!
- Look back on the times God has helped you before.
- Keep an "I Made It Through the Rain" notebook, that includes emails, letters, journals, diaries and the like. You can read it to remind yourself of how you have received the victory in the past.



SAVE the DATE



LOMA LINDA UNIVERSITY
HEALTH

PossAbilities

11th Annual Celebration Dinner

Sunday, December 7, 2014

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

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

FREE to members of PossAbilities.
To RSVP go to teampossabilities.org/celebration-dinner-2014

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