

PossAbilities & you

Spring 2015

www.teampossabilities.org

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PossAbilities at LLUMC



On Our Cover

Eric Arrington: member, speaker, coach, peer visitor, program ambassador, community liaison and Hall of Heroes recipient

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.

Providing new direction and hope for people with diverse disabilities.



2015 Calendar of Events and Activities

| | |
|-----------------|--|
| Ongoing | Stretching and Exercise Program (every Tuesday) |
| Ongoing | Sickle Cell Education Series (2nd Thursday of month) |
| 1/17 | Rolling Bears Tournament |
| 2/14 | Tour de Palm Springs |
| 2/22 | Power of Inclusion 5K |
| 3/22 | Brainstorming Walk 4 Thought |
| 3/27 | Optimist Games |
| APR | National Wheelchair Basketball Tournament |
| 4/8–4/12 | Redlands Bicycle Classic Para-Cycling Race |
| 4/24 | Colton Club PossAbilities Prom |
| 4/26 | 13th Anniversary PossAbilities Triathlon |
| 5/10 | Xtreme Baseball Team vs. PossAbilities |
| 5/16 | LLUCH Children's Day |
| 5/29 | Citrus Valley Club PossAbilities Prom |
| 6/1–8/31 | Grant and Scholarship Application is open |
| 6/7–6/10 | Roll On Capitol Hill (ROCH) |
| 6/28 | Tinman Triathlon and 5K Run/Walk/Roll |
| JULY | National Para-Cycling Road Championships |
| 7/12 | Arts & Crafts Workshop |
| 7/19 | Kids Pool Party |
| 7/23–25 | Amputee Coalition National Conference |
| AUG | Para-Cycling Road World Championships |
| 8/2-8/23 | Drayson SwimAbilities Program (Sundays) |

| | |
|--------------------|---|
| 8/6 | IEDC Conference @ CBU |
| 8/7 | Civic Celebration @ Downtown Riverside |
| 8/8 | IEDC Expo @ Riverside Convention Center |
| 8/9 | Arts and Crafts Workshop |
| SEPT | Extreme Football Opening Day |
| 9/2–9/30 | Spinal Cord Injury Mixer (Wednesdays) |
| 9/18 | Wheels for the World Chair Drive |
| 9/20 | Sickle Cell Symposium |
| 9/21 | LLU Welcome Back Bash |
| OCT/NOV | Sports Luncheon |
| 10/3 | Disability Sports Festival at CSUSB |
| 10/4 | Painting Workshop |
| 10/14 | Senior Health Fair |
| 10/18 | CAF San Diego Triathlon Challenge |
| 10/25–11/15 | Drayson SwimAbilities Program (Sundays) |
| 10/30 | Children's Hospital Fall Festival |
| 11/8 | Annual Women's Luncheon |
| 12/6 | Annual Celebration Dinner |
| 12/13 | 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.

NEW PossAbilities Monthly Mixer Coming in June! Join us to:

- Learn about the PossAbilities program
- Meet and socialize with other members
- Find your new direction in life

5th Annual Winter Wonderland Children's Christmas Party

The Loma Linda University Children's Hospital Spina Bifida Team and PossAbilities teamed together to provide another spectacular event for children and families. There was face painting, a horse-drawn carriage, music and laughter to entertain the almost 400 guests. Santa Claus rode in on an antique fire truck provided by the Loma Linda Fire Department to take pictures with all the children and their families. The highlight of the event was the 25,000 tons of snow delivered for the children to play in, build snowmen and have snowball fights. Each child was gifted with a Christmas present, and delicious Mexican food was provided by Cuca's Mexican Restaurant in Redlands. And for dessert, yummy cookies for the little ones' tummies.

Thank You to Our Sponsors for a Delightful Time!

- San Manuel Band of Mission Indians
- Coloplast Corp.
- Byram Healthcare
- Experea Healthcare
- Hollister Incorporated
- Shield Healthcare



WE HAVE A NEW TEAM MEMBER!

Please help us welcome our new program assistant Lauren Burke-Hodge to our team! It is with excitement and enthusiasm that we introduce Lauren! Feel free to welcome Lauren by sending an email to lburke@llu.edu or calling 909-558-6384.



PossAbilities Provides Brain Injury Resource Books for **SURVIVORS AND CAREGIVERS**

Brainstorming4us is a partnership of survivors and caregivers of traumatic brain injury (TBI) to provide resources and support. It was founded in 2006 by Lisa Moss after her husband suffered a TBI in a motorcycle accident in August of 2005. They developed a support group as well as a Brain Injury Resource Bag that provides information to family members to help them understand what their loved one is going through.

“One of our missions through Brainstorming4Us is to make sure we can touch and help as many families as possible during what I refer to as the dark days,” says Moss. Recently PossAbilities had the privilege to help donate to this amazing resource by providing 300 printed books for their Brain Injury Resource Bags.

For more information about Brainstorming4us, visit www.brainstorming4us.com.

Our Hospital Employees **ARE APPRECIATED!**

It's a Wrap is a holiday gift-wrapping service provided to the Loma Linda University East Campus and Surgical Hospital employees as a thank you for their hard work and service throughout the year. It began in 2008 and has become a huge success. Each year members of the Community Outreach and Patient Experience Department, PossAbilities members and many volunteers come together to wrap gifts for two full days at East Campus and one half day at Surgical Hospital. Some volunteers come back year after year and some are new, but it is always a lot of fun wrapping presents together while listening to Christmas music and getting to know each other better. The gratitude of the employees is boundless, which makes it one of the most successful events of the year. In December of 2014, over 500 presents were wrapped for employees for their family and friends to open on Christmas. What a fun and joyous opportunity to provide this service!



Volunteers, PossAbilities members and staff help wrap over 500 presents for our employees.

A Celebration that

PossAbilities staff and Loma Linda University Health celebrated the 11th Annual Celebration Dinner on December 7, 2014, presented by founding sponsor San Manuel Band of Mission Indians. With over 1,000 guests in attendance—the largest attendance to date—the evening was dedicated to celebrating the members of PossAbilities and the overwhelming generosity of those who support the program throughout the year. This annual dinner provides an occasion for PossAbilities members and their families to gather together to share their accomplishments and triumphs with each other and with those who support the PossAbilities program. Held at the National Orange Show in San Bernardino, Calif., the dinner was wonderfully hosted by Doug “DJ Frog” Vincent, of K-FROG radio, and the much-loved Vaughn Fahie performed with his saxophone throughout the night. PossAbilities members Hayleigh Yeoh and Felicia Hunt both performed, each singing a beautiful song, and Latin band On the Latin Side performed an upbeat medley of Christmas songs much to the crowd’s delight. Halverson’s Photography was there for guests to get a beautiful Christmas picture taken with their families.

San Manuel Band of Mission Indians has been the founding sponsor of PossAbilities since 2002 and without them PossAbilities would not be the powerful program it is today. This year concluded their 10 years of sponsorship of PossAbilities. It is bittersweet as we remember all that we have been able to provide for the disabled community through their enormous support. Representative Mirasol Inzunza accepted a framed jersey as a small token of gratitude from



PossAbilities and Loma Linda University Health as she shared some very touching words regarding their support and experience with PossAbilities.

Lyndon Edwards, administrator of Loma Linda University East Campus and Heart and Surgical Hospital says, “The celebration dinner was an amazing event that, once again, highlighted the achievements of our members. It was great to see so many of our members at the event. My personal highlight was the opportunity to recognize San Manuel Band of Mission Indians for their support over many years as our Founding Sponsor by inducting them into the Hall of Heroes. It was also a very inspiring moment to witness Greg Crouse, world-class canoeist and long-time PossAbilities member, being inducted into the Hall of Heroes for his work with PossAbilities and the community.”



Makes History

Highlights

- Announcement of Quest Diagnostics as new Title Sponsor for next three years
- Loma Linda University Advancement Films prepared a new "Live It" commercial featuring PossAbilities member and "Road to Rio" paralympic hopeful, Andre Barbieri
- A "Celebrations" video highlighting members
 - Nick Gleissner—Cancer survivor
 - Jerry Byerman—Quadriplegic
 - McKenzie Johnson—Amputee
- Support Member of the Year
 - Lisa Purcell-Rorick—Volunteer
- Special Recognition
 - Ken Kramer—Volunteer
 - Andy Pelton—Coach of the Xtreme Team's football and baseball
- Member of the Year
 - Pamela Robinson—Multiple Sclerosis
- Hall of Heroes
 - Greg Crouse—Amputee



A Lunch Date *with the* Ladies

On Sunday, November 2, 2014, just over 40 women came together for the Sixth Annual PossAbilities Women's Luncheon. The luncheon was held at Lounge 22 on Vine Street in beautiful historic downtown Redlands, Calif. Lounge 22's mix of rustic and contemporary charm was the perfect setting for a day of fellowship for new members and longtime members, as well as supporters of the program. As ladies

entered the restaurant housed in the old Rainbow Theater, they were greeted by beautiful handmade gifts of their own choosing from Sally LaBonte of the local Keepsakes. Then everyone took a seat where they visited with each other, some as old friends and some for the very first time. Once everyone was present, each person introduced themselves and explained how they were involved in PossAbilities. After introductions, the extraordinary food prepared by Chef Jonathon Weiner was

served to each guest, which ended with a dessert of butterscotch pot de crème with Chantilly cream and sea salt. Chef Jonathon even took the time from his very busy day (the restaurant was closed just for this PossAbilities event) preparing the incredible meal for the wonderful ladies luncheon to share how much he enjoyed the event. Every bite was divine and every minute with each incredible, strong, amazing woman was a genuine joy and a blessing from God.



Get Involved

The PossAbilities program offers many different activities for those with diverse disabilities. To become more involved, visit us online at www.teampossabilities.org or in person at our office. If you are a new member, the PossAbilities staff would love to meet you. Call 909-558-6384 or email lburke@llu.edu today!



MEET OUR MEMBER: Steve Bucaro

My name is Steve “Wheels” Bucaro. I was born January 11, 1978, and am the youngest of six. My mother raised me as a single parent after all my siblings had already moved out. I went to a Catholic school through

10th grade. My last two years of school were at a public high school where I graduated in 1996. I’ve lived in Palmdale, Calif., since birth, and plan on staying here.

On April 15, 1998, while on a parts run for the 1970 Chevelle I was rebuilding, I was involved in a paralyzing motorcycle accident. I was riding my ’92 Kawasaki ZX-7 through an intersection when a 95-year-old man ran a red light and turned left in front of me. I broke T-2 through T-12 in my back, my collarbone and femur. It left me in a coma for two weeks. According to the doctors, I was not expected to live past the first 24 hours. My hospital stay and recovery lasted nine months. If this bad luck wasn’t enough, within two weeks of my release from the hospital and back in the real world, my house burned, which resulted in me being relocated for approximately a year while the repairs were completed.

Racing

In 2011, I bought a 1989 Honda Pilot to finally follow my dream of racing. I made the decision to go with the Pilot because it was the most inexpensive race vehicle that needed no modification for my situation. Plus it would be cost effective to race. My first race was with Lucas Oil Regional in 2011. Since then, I’ve won five championships between two race series. My goal has always been to show I have racing skills and move up the ladder into something bigger and faster. A mini-open or ProLite would be my next step. Currently with the Pilot I am successfully competing against the new Polaris XP900 and XP1000s. While building my racing skills I have been hitting any and every race that allows my Pilot to run.

Passion

Anything with wheels/tires/motor has always piqued my interest. Since obtaining my driver’s license, I have owned over 10 vehicles, including motorcycles. Racing has always



been in my blood, but not having much money has always left me unable to race to my heart’s desire. It took me a bit of time until I could purchase my 1999 Dodge Ram, which helped me open up and regain my independence. Shortly thereafter, I was rear-ended on the freeway in that truck. It was at that point that I made a conscious decision to turn all these negative things around and start focusing on what I wanted to achieve in life. While the truck was in the body shop, I attended a truck show at Orange County Fairgrounds. That’s where I realized what I wanted to do. I embarked on the process of transforming my Dodge Ram into a show truck that I would be proud of. It turned out that my truck ended up being pictured or featured in over 65 magazines throughout the world. Am I proud of my achievement? YES! This secured my future in show truck building, and being the only wheelchair-bound builder helped my cause. To date, I have built two vehicles for Daimler Chrysler and six vehicles and two motorcycles in total for the SEMA Show. In 2010, after years of building vehicles for the SEMA Show, I made the transition to working the show.

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 the 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.

BRAINSTORMING4US

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.

Cotie Williams
Editor

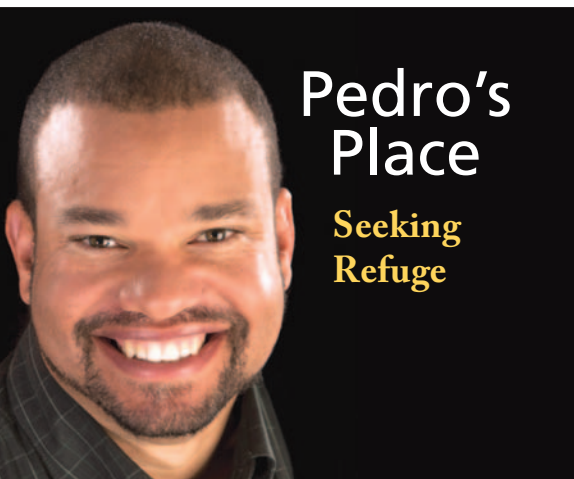
Lauren
Burke-Hodge
Co-Editor

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Pedro's Place

Seeking
Refuge

There are times in our lives when we face difficult challenges. Every circumstance that surrounds us makes us feel we are drowning in a sea of difficulty and unrest. During these times we have questions about our future, uncertainty about tomorrow.

When life gets difficult I have often found refuge in God's word—specifically, the Book of Psalm. Very few books in the Bible harmoniously mix cries of misery with praise and adoration. In fact, it is not uncommon for the psalmist to unload his emotional “baggage” in one verse and then thank God in the next verse even though his circumstances have not changed. I can really identify with this book and I would encourage you to take time from your busy life and read a few verses—even just a few.

Here is one of my favorites. Chapter 37 reads: “Be delighted with the Lord. Then he will give you all your heart's desires. Commit everything you do to the Lord. Trust him to help you do it, and he will. Rest in the Lord; wait patiently for him to act. The steps of good people are directed by the Lord. He delights in each step they take. If they fall, it isn't fatal, for the Lord holds them with his hand.”



LOMA LINDA UNIVERSITY
HEALTH

PossAbilities

13th Annual

TRIATHLON

5K RUN WALK ROLL

April 26 2015



To **pre-register** or sign up to volunteer, go to **teampossabilities.org** and click on “EVENT REGISTRATION”.

PossAbilities provides resources and opportunities for people with diverse disabilities.

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teampossabilities.org

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