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.

On Our Cover
Jenna Rollman, PossAbilities member and athlete. Read more about Rollman’s recent win at the LA Marathon Hand cycling races on page 8.

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.

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.

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PossAbilities Rolling Bears Celebrate New Partnership with 24 Hour Fitness

In April, the Loma Linda wheelchair basketball team, PossAbilities Rolling Bears, were invited to play an exhibition scrimmage at the 24 Hour Fitness Redlands Super-Sport Club grand opening event. The club has committed to support the team by providing team shirts for the upcoming season.

The Rolling Bears play in the Southern California Wheelchair Basketball Conference, which is sanctioned by the National Wheelchair Basketball Association. The Rolling Bears have won four conference championships, and their highest finish at the Division 3 Nationals was sixth place.

Interested in watching, participating or volunteering at the next Rolling Bears wheelchair basketball practice? Email rollingbears51@yahoo.com or call 909-200-6913.

Para cyclist Delmon Dunston competed in two international races in Montreal Canada mid-May. The first of the two races was Challenge Longhi, which was a 20 mile road race (35.2 km). Del took first place. The second race was Defi Sportif time trial and road race in which he placed third in each. Next on the schedule was North Carolina, where Del competed in a time trial at the 2015 USA Cycling Collegiate Road National Championships. He placed third.

Next on the agenda is the Paracycling National Championship in Chattanooga, Tennessee, where Del will compete for the national title in his H2 division. Stay tuned for more updates.

PossAbilities Xtreme Team Football Scrimmage

Xtreme Team consists of kids of all ages with any disability and mobility challenges who participate together on one team. Our super star guest was member Rudy Garcia Tolson. The group is very diverse and each team member is valued and gets to play.

If you would like to get involved with the PossAbilities Xtreme Team, call 909-558-6384.
When Luciano Araneda Concha first walked through the doors of Loma Linda University Medical Center East Campus (LLUMCEC), he was welcomed by a room full of strangers—unfamiliar faces that would be his beam of hope for a new life.

Like any ordinary 16-year-old, he was friendly and upbeat that day. Well, why wouldn't he be? The young man had just arrived in Loma Linda the night before, having traveled more than 7,000 miles from his hometown in Chile. He was excited and nervous about the time he would spend in Loma Linda.

How Tragedy Turned to Hope

Luciano endured much tragedy in his short lifetime. He had no sight in his right eye after falling victim to eye cancer as an infant. In 2011, at age 14, he was hit by a train while riding his bike with friends. The accident cost him his right arm and leg. Unfortunately, Luciano could not get the prosthetic arm and leg that are best for an active teenager. His leg prosthesis was a basic device that did not fit well and limited his mobility.

Soon after the train accident, Luciano met and befriended missionaries who were working in his town. The missionaries shared Luciano’s story with friends back home—including an Inland Empire couple. The couple made it financially possible for Luciano and his dad, Mauricio, to travel to Loma Linda and meet with the orthotics and prosthetics team at LLUMCEC to receive a new prosthetic arm and leg.

New Walking Legs for Luciano

Because of international travel laws, it took nearly two years of planning for Luciano and Mauricio to make the trip. When father and son arrived in Loma Linda, they met with Murray Brandstater, M.D., chair of physical medicine and rehabilitation, and Michael Davidson, clinical manager for orthotics and prosthetics.

After evaluating Luciano, Drs. Brandstater and Davidson decided to replace the leg prosthesis Luciano brought from Chile with a modern walking leg.

Three weeks later, Luciano tried out his new walking leg. “Within a few days, you wouldn't guess he was walking on a prosthetic,” Dr. Davidson says.

From Walking to Running

Luciano said that he would love to participate in sports. Dr. Davidson believed that Luciano could run with the right prosthesis. Luckily, Luciano’s benefactors made a prosthetic running leg possible. Drs. Brandstater and Davidson provided him with a second prosthesis.

Three weeks later, Luciano gave his new running leg a shot. With the
could make the arm. Not only did Luciano relearn how to ride a bike, but, according to Dr. Davidson, after he got off the bike, “he was even walking better.”

A week later, Dr. Davidson met Luciano one afternoon to ride some laps in a parking lot. To Dr. Davidson’s surprise, Luciano rode his bike on the street and pedaled 14 miles through the city.

Making the Impossible Possible
On April 27, Luciano participated in the PossAbilities Triathlon, which included a 3.1-mile run, 11-mile bike ride and 150-yard swim. “I noticed the way the crowd looked at the participants and showed their support,” Luciano says. “The best part was finishing and reaching a goal that I thought was unattainable.”

In May, Luciano and his father returned home to Chile. Luciano brought his walking and running legs and bike arm with him. He hopes to return to the U.S. in a year, after he finishes high school.

Loma Linda Community Provided Loving Support
Because of the couple who decided to help them, Luciano and his dad had a place to live in Loma Linda during their four-month stay. They also had a full-time translator who accompanied them to appointments and various outings.

“There are really no words to express how grateful I am, not only for the prosthesis but also for the hospitality,” says Luciano. “I was given not only the opportunity to live a dream, but also the gift of love, which I took home with me. The people I met in Loma Linda are truly people worth admiring. I hope to see them again.”

Next Challenge: Using a Bike Arm
To ride a bike, Luciano would need a prosthetic bike arm. Fortunately, someone donated the components so that Dr. Davidson and his team thought he could try riding a bike.

Help of student intern Kim Petersen, he quickly adjusted. “After a week, he was running,” Dr. Davidson says. “That can typically take up to six weeks or more for most amputees.” Petersen then helped Luciano train to run a 5K.

Since Luciano was walking and running confidently, Dr. Davidson thought he could try riding a bike.

For more inspiring stories about PossAbilities members, visit www.teampossabilities.org/hall-of-heroes.
On February 22, 292 people walked, ran or rolled in the 2nd Annual Power of Inclusion 5K. A total of 43 participating athletes have disabilities. The 5K celebrates diversity and promotes and raises money for PossAbilities’ grant and scholarship fund, which includes:
- Accessibility grants
- Educational scholarships
- Social outings to community events
- Adaptive equipment

Many PossAbilities members took part in the event, including 12 special needs children and their families from Angeles Especiales, a local Spanish-speaking support group.

Also, 72 children from Exceeding Expectations (EE) participated in the 5K. The organization serves at-risk kids in the inner city of San Bernardino. While learning to swim, bike and run, children in EE also attain important life skills such as setting firm goals and working hard to achieve them. Many of the kids in the program finished in the top of their age groups.

The Power of Inclusion 5K, as well as the Power of Inclusion Conference at Loma Linda University Health (LLUH), were established to promote equality and inclusion. The second annual conference was held on March 31 and April 1.

Become a Fundraiser

If you would like to raise money for PossAbilities, create your own fundraising page here: [www.crowdrise.com/possabilities/fundraiser](http://www.crowdrise.com/possabilities/fundraiser). Once you sign up, you’ll receive an email with a link to your new page. You can then send that link to your family and friends so they can make their tax-deductible contribution online. Thank you for your support!
POSSABILITIES DONATES
New Adaptive Pool Lift

The PossAbilities program recently donated a new pool lift to the Drayson Center for individuals with limited lower extremity mobility.

The program has long been known for its adaptive sports program. Encouraging people with disabilities to remain physically active has always been one of the program’s main goals.

“Whether through our weekly stretching and exercise class, wheelchair basketball program, paracycling rides or annual triathlon, we strive to provide resources and opportunities for healthy living,” says Pedro Payne, PossAbilities director. “We collaborate with Loma Linda University Drayson Center to provide our members with the opportunity to work out in the gym, using some of the adaptive weight equipment we have donated to the recreational facility.”

The addition of this poolside lift will help those with limited lower body mobility enjoy the pool and participate in aquatic activities just like other guests of the Drayson Center.

“With this new lift, our members will be able get in and out of the water with ease,” says Michael Rister, Aquatics manager. “Our strong partnership with the PossAbilities program enables us to team up on these projects.”

For upcoming aquatic classes, please call 909-558-4975.

“The Drayson Center is enormously grateful to the PossAbilities team for their generous donation of a new pool lift. Not only will those with physical disabilities be able to benefit from such a wonderful gift, but so will our older adult members. We are truly thankful.”

— Don Sease, Drayson Center director
PossAbilities Member Wins the LA Marathon

Loma Linda University Health PossAbilities member Jenna Rollman, 28, shows off her first-place medal after competing in the 2015 Asics LA Marathon handcycling race on Sunday, March 15.

PossAbilities Member

Jenna Rollman is part of Loma Linda University Health’s PossAbilities program. Find out how to get involved with handcycling and other program activities. Visit www.teamPossAbilities.org.

by Amber Neben, Dare to Be Project Founder

Jenna Rollman is a PossAbilities member and a special young woman. Although she lost her ability to walk, she recognizes her new ability to impact lives in a way she would have never been able to before. Her spirit and joy for life is so amazing! She embodies what we are about at the Dare to Be Project: seeing adversity as an opportunity and not a burden, recognizing what you can do, dreaming big, and setting the goal and going after it. We see all of this in Jenna, and we are excited to help her.

About the Dare to Be Project

The Dare to Be Project was founded in 2010 by Amber Neben, a world champion and Olympic cyclist. The project’s mission is to encourage young people to persevere through their own adversity while daring them to be the people they dream to be. The foundation searches out courageous kids and young people with physical challenges who need special but very expensive handcycles. The foundation also serves kids and young people in homeless shelters, low-income schools, and Boys & Girls clubs.

To get involved with the Dare to Be Project, go to www.thedaretobeproject.org or email thedaretobeproject@gmail.com.

The Dare to Be Project Provides a Handcycle, Freedom and Hope for Jenna Rollman

Jenna Rollman is part of Loma Linda University health’s Possabilities program. Find out how to get involved with handcycling and other program activities. Visit www.teamPossAbilities.org.

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My Journey Around the World:
Competing in 7 Marathons on 7 Continents

by Beth Sanden

My journey started right after my first Boston Marathon, where I was one of the eight handcyclists that qualified for this prestigious marathon!

I blow kisses at the end of each race because it helps make people aware that you can have a great attitude and grateful heart even when you have a disability!

A Chinese diplomat saw me blowing kisses on a news blog in Boston. When I came home after the marathon, there was an email from him, inviting me to participate in the Great Wall of China Marathon.

Now mind you, I am an “incomplete” spinal cord Injury (the cord was not severed)—meaning I did get use of one leg back after 18 months, and I now walk with a cane and brace. However, the diplomat and Great Wall of China Marathon race director didn’t know if I could walk or not, but invited me anyway. So I took the challenge!

Five months of training on stairs and ellipticals helped prepare me for this type of marathon. I also practiced riding my handcycle, in case I would need it to complete the whole marathon. I wanted to show the Chinese and others with disabilities that we can still live a full life and be physically active!

I finished 14 miles on the Wall and then the rest on a road by the Wall to finish in 7 hours and 20 minutes total!

This was the beginning of my attempt to set a Guinness World Record for disabled athletes! I decided I would be the “First Female to Do Seven Continents Via Marathon with a Handcycle!”

Over time, I completed the Kilimanjaro Marathon, Ross Tasmania/Australia Marathon, Lima Peru Marathon, Rome (Italy) Marathon, and the Boston Marathon again. On February 19, 2015, I finished the race on the seventh continent of my tour, competing in the Antarctic Marathon.

PossAbilities and their grant system made it all possible. During my travels, I thought of all of the athletes I’ve met at PossAbilities events over the years. And I was inspired by the big hearts, determination and camaraderie that have come from Cotie, Pedro, and PossAbilities members.

Halfway through the Antarctic Marathon I had a rough time with the terrain. But I remembered the faces and praying hearts of everyone in the PossAbilities program, and I was able to get that second wind to finish.

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.theamputeecollection.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.

AUTISM PARENTS SUPPORT GROUP
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.

AUTISM PARENTS SUPPORT GROUP

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@iehp.org.

LARYNGECTOMEES 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.

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.

NEW!
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

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

JUVENILE ARTHRITIS ALLIANCE (JA ALLIANCE)
800-283-7800
www.kidsgetarthritis too.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.
Christians and non-Christians often ask me: Do I believe in prayer? When asked this question, my response has always been the same, "Of course I do!" After all, since I profess to be a Christian, shouldn’t that be my response? What would it say about my faith in God if I were to answer no?

Well, we shouldn’t always answer this question about prayer as a matter of habit or because a yes response is expected. We should answer it based on our own personal experience with God.

Has God ever answered one of your prayers? If the answer is yes, think back and reflect on what happened. How did he answer your prayer? Were you surprised at his answer, or was his answer exactly what you expected? How difficult was it for you to talk to him?

I have seen God answer prayers in my life. Some answers I didn't like! Some answers I LOVED! And some answers … well, I'm still waiting for.