

PossAbilities & you

www.teampossabilities.org

Spring 2016



Upcoming Events

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PossAbilities at LLUMC





On Our Cover

Davis Galluzzo, member of PossAbilities and patient of Loma Linda University Health

Benefits of Membership

- Social, recreational and community activities
- Peer mentoring
- Support groups
- Recreational & competitive adaptive sports
- Arts & crafts activities
- Annual celebrations
- Health & fitness activities
- Women's, youth & family activities
- Grant & scholarship program
- Quarterly newsletter
- Discount prescription program
- Discount to on-campus cafeterias
- Discount gym membership to the Drayson Center, located at 25040 Stewart Street, Loma Linda, CA 92354

About **PossAbilities**

PossAbilities is a community outreach program of Loma Linda University Health East Campus. Membership in 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



Upcoming Events

Ongoing	Stretching & Exercise Program (every Tuesday)
Ongoing	Sickle Cell Education Series (2nd Thurs. of month)
Ongoing	Monthly Mixer (3rd Wednesday of month)
April	Rolling Bears National Basketball Tournament Redlands Bicycle Classic Para-Cycling Race 14th Anniversary PossAbilities Triathlon USOC/PossAbilities Track & Field Clinic
May	LLUCH Children's Day RHS/REV Club PossAbilities Prom Opening Day Pony Champions League Colton High Club PossAbilities Prom Para-Cycling National Championship Citrus Valley Club PossAbilities Prom
June	Grant and Scholarship Application Is Open Tinman Triathlon and 5K Run/Walk/Roll
July	Arts & Crafts Workshop Kids Pool Party
August	Drayson SwimAbilities Program (Sundays) IEDC Conference/Expo Arts & Crafts Workshop Annual Women's Luncheon
September	Veteran Scuba Senior Triathlon Wheels for the World Chair Drive Sickle Cell Patient Fair LLU Welcome Back Bash Extreme Football Opening Day Scrimmage
October	Sports Luncheon Disability Sports Festival at CSUSB Painting Workshop CAF San Diego Triathlon Challenge Drayson SwimAbilities Program (Sundays) Senior Health Fair Children's Hospital Fall Festival
December	Annual Celebration Dinner Children's Christmas Party



Shield HealthCare Makes a \$1,000 Donation to PossAbilities

About Shield HealthCare

With more than 58 years of pharmacy and medical supply experience, Shield HealthCare is a leading provider of medical supplies for:

- Incontinence
- Urological conditions
- Ostomy
- Enteral Nutrition
- Wound Care
- Breastfeeding

The company is proud to serve the medical supply needs of patients and their families with excellence, compassion and exceptional service.

Shield HealthCare is firmly committed to community involvement, supporting a variety of health organizations and causes each year. The company is proud to advocate for and support persons with disabilities and their families by:

- Engaging advocates for legislative support for home care benefits
- Participating in local walks, runs and fund-raisers to raise awareness and support community resources
- Providing practical tips, resources and educational materials in its interactive online communities

"This year we are honored to make a \$1,000 donation to the PossAbilities program," says Tim Farmer Sr., territory representative.

For more information, visit
www.shieldhealthcare.com.

Sports Luncheon a Success for the Road to Rio and Beyond

by Briana B. Pastorino, media relations specialist



Life is challenging, and it's likely that any living human can attest to that. For some people, however, their life challenges may seem daunting or simply impossible. Professional surfer Bethany Hamilton was one of those people. Operative word: was.

Bethany Hamilton Is an Inspiration to Us All

Speaking to a crowd of nearly 300 people on October 14 at the Loma Linda University Health PossAbilities Sports Luncheon—an annual event intended to raise funds for the Paralympic Training Program—Hamilton recalled how she thought her career, and ultimately her life, was over in 2003 after her left arm was bitten off by a shark while she was surfing near her home on Kauai.

She was 13 at the time, pursuing her dream of becoming a professional surfer.

One month after the shark attack, Hamilton returned to the water. She had to relearn how to surf. It wasn't easy, but with the help and support of her family, friends and her faith, she was back on top of her board and on top of life. "I was overcome with feelings of triumph and joy," she said, adding that she thought that maybe she'd be able to encourage others through her experience.

Now, with multiple national championships under her belt, a Rip Curl sponsorship, a book, a movie, a marriage and the recent celebration of the birth of her son, the 25-year-old is living her dream.

"Anyone can go through traumatic times, but my life is a testimony to others that we can overcome challenges in life."

4 PossAbilities Athletes Plan to Compete in 2016

The PossAbilities' potential Paralympic athletes have endured traumatic times and have had to work to build themselves back up. Through their perseverance and dedication to their sports, Greg Crouse, Andre Barbieri, Delmon Dunston and Nick Gleissner are all on the Road to Rio in hopes of competing in the 2016 Paralympic Games in Rio de Janeiro.

The event raised over \$125,000 for those on the Road to Rio, as well as for the overarching Paralympic



Training Program. The program provides the essential tools the athletes need to train and compete, including:

- Travel expenses
- Specialized coaching
- Equipment
- Nutritional services
- A sports psychologist

These components of their training align with Loma Linda University Health's motto "to make man whole," feeding the mind, body and spirit of the individual.

According to Cotie Williams, manager of community outreach and patient experience at Loma Linda University Medical Center East Campus, the success of the fund-raiser will also benefit future Paralympic hopefuls. "The event will provide the ability to sustain funding for expansion of the Paralympic Training Program for 2020," Williams confirms.

The 2020 Paralympic Games will take place in Tokyo, Japan, and with the chance to welcome a new generation of PossAbilities members who have the potential to compete.

Paralympic 2020 Hopeful: Zimri Solis

Vying for a chance at the Tokyo Games is PossAbilities member Zimri Solis, who at age 10 was diagnosed with meningococcal meningitis—a rare infection that causes the membrane covering the brain and spinal cord to become inflamed. To save his life, doctors had to amputate one of his legs and both hands. Now 33, Solis has a goal to one day be a Paralympic triathlete.

Solis says, "As an amputee, never in my craziest dreams did I imagine I could become a triathlete, but PossAbilities opened the door to a new dream. I will get to compete on a higher level now and make every step count, and for that I am thankful."

During the luncheon, participants were encouraged to "dash for cash," to raise funds for a new prosthetic leg Solis has needed for some time. With a goal of raising \$5,000, attendees were excited to play and support Solis. Thanks to the generosity of the crowd, \$16,000 was raised. "It's amazing what can be accomplished when caring people bring their resources together to help others," says Pedro Payne, director of PossAbilities. "For many of our members, their challenge may be to simply get through their day. For many of us, our challenge is to make sure we never stop caring!"



Team PossAbilities in La Jolla

The Aspen Medical Products San Diego Triathlon Challenge (often described as the best day in tri) on October 18, 2015, was a blast. For many years, PossAbilities has sponsored athletes to participate in the event in an effort to support the Challenged Athletes Foundation. Last year, five relay teams of three (including two from Team PossAbilities Brazil) showed up to give their all in a 1-mile swim, 10-mile run and 44-mile bike race.



Christmas was the season to run, walk or roll in the jolly race to help create a healthier tomorrow for our community's kids with our first 5K Loma Linda Santa Fun Run! In partnership with Loma Linda University's Children's Hospital Foundation, PossAbilities organized an unforgettable event where a sea of Santas flowed past the windows of Children's Hospital for all patients to see.



PossAbilities Members Dance with Purpose

E by Tina Schumacher

very Monday morning, seven moms are asked the same question by their daughters Alex, Anna, Carson, Chrissy, Dakota, Dharma and Hayley: "Is there dance class tonight?"

Every Monday these girls get dressed in their ballet leotards, tights, ballet slippers and tutus. They are excited to go to a dance class for girls with special needs.

Once in class, they are like any other little girl dreaming of becoming a dancer. The girls come in twirling, spinning and posing, all while watching themselves in the mirrors.

Their dance instructor, Isabella, rallies them, and they start with stretching to warm up; then the girls begin with the basic moves. These girls concentrate and follow instructions. The classmates all truly enjoy learning the new moves and the routine that they will be performing at the June recital.

They participate with such joy. It is amazing to see. As the girls dance, the parents and grandparents watch through the glass windows but also have a few minutes to relax and catch up with each other.

The classmates are already talking about joining a tap dance class. The PossAbilities are endless for these girls.



PossAbilities provided an opportunity for a group of members to participate in Dance With Purpose which is a ballet class for girls with special needs. For more information about Dance With Purpose call Krista Espinosa at 909-255-6365 or email dwpstudios@gmail.com.

Volunteer Recognition Award



On Wednesday, November 11, 2015, Joshua Dotson, a longtime member of PossAbilities, received a Volunteer Recognition Award through Loma Linda University Health Volunteer Services for his many years of service.

Joshua became an official volunteer with Loma Linda University Health in 2012, though he started helping manage the PossAbilities Facebook page in 2009 and has continued to maintain it to this day. He enjoys resizing and uploading photos from the many activities throughout the year.

In addition, Joshua visits all the buildings on the Loma Linda University Medical Center East Campus, keeping a number of locations stocked with PossAbilities newsletters, brochures and various flyers. Joshua attends many events and is a Hall of Heroes honoree.

Congratulations, Joshua Dotson, on your award, and thank you for all your support and dedication to the PossAbilities program and to the team!



MEET OUR MEMBER Davis Galluzzo

by Darcy Galluzzo (Davis's mother)

Davis is a 7-year-old second-grader. He enjoys school and loves superheroes, Legos, playing with his best friends (his big brother and sister) and going fast in his wheelchair.

When Davis was 2 years old, he was diagnosed with acute lymphoblastic leukemia. His treatment lasted three and a half years. During that time, Davis's young life revolved around treatment and protecting his vulnerable immune system. This meant he could not enjoy the normal life of a little boy.

After the first month of treatment, Davis showed no signs of cancer. But in 2013, at nearly 5 years of age and after two years and seven months of chemotherapy, Davis became unable to walk. He was diagnosed with drug-induced myelopathy. Losing the ability to walk was devastating, but Davis has handled all his new medical issues very well. He does not feel sorry for himself, and he does not see himself as being disabled. Davis is just like any other 7-year-old: He lives to have fun, and he does! He loves popping wheelies in his wheelchair, doing donuts and, most of all, going as fast as possible.

In April 2014—a year after Davis stopped walking—he had a session with Loma Linda physical therapist Mark Bussell during which he moved his toes! Davis has been under Bussell's care ever since and has had continued movement in his legs. The goal is for him to walk again. Davis loves Jesus Christ, his Lord and Savior, so his main goal is to live for Jesus. When you meet Davis, you can see the light of Jesus in his smile!



WOULD YOU LIKE TO TELL YOUR STORY?

Do you want to inspire others? If so, email your biography and high-resolution photo to cowilliams@llu.edu.



A Year-End Celeb

In early December of 2015, Loma Linda University Health joined with the community in mourning for the victims of the mass shooting that took place at the Inland Regional Center in San Bernardino on December 2. In light of the tragic event, PossAbilities decided to use the Annual Celebration dinner as an opportunity to come together—to be stronger together. Themed as a talent night, the evening provided artistic and musical entertainment, and a drop-your-socks live swing band lead by member Chuy Cuellar. Celebration was in the air as several members showcased their musical talent by singing and playing musical

instruments to entertain the over 900 guests. Guest entertainer Gregory Adamson, a renowned Southern California artist, has gained domestic and international acclaim for his mesmerizing, fast-paced performance art, in which he paints to music with bare hands or brushes, creating huge masterpieces in just minutes. His subject matter for this evening was a surprise to all. Read the accompanying “Reflection” to hear more about the piece Greg created for PossAbilities. The finale of the evening was the distribution of grants and scholarships along with recognizing some outstanding members for their accomplishments and a new inductee to the “Hall of Heroes.”

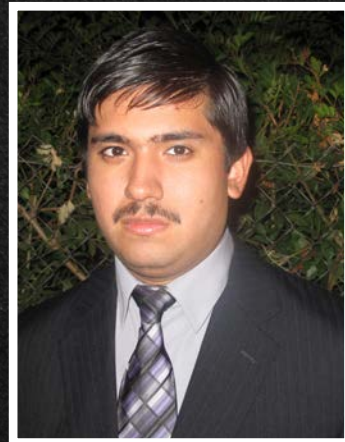
Our PossAbilities Talent



Arthur LeClaire



Sarah Mihaila



Enrique Camacho



Alex Rodriguez



Hayleigh Yeoh



Chuy Cuellar Band



ration

Guest Entertainer

Greg Adamson



To view Greg's art or check his upcoming events go to www.gregoryadamson.com.

Highlights

- Quest Diagnostics was honored for their multi-year commitment to sponsor PossAbilities
- Talented musicians and artists shared their gifts
- A photo booth was provided for family & friend portraits
- Guest masters of ceremonies: Doug Vincent & Davis Galluzzo
- Zimri Solis was recognized as Member of the Year
- Support Member Helen Neri received an award for her devotion to PossAbilities and work in the community
- Member Andre Barbieri was inducted to the "Hall of Heroes"
- Over \$60,000 was awarded in grants and scholarships

A very special thanks to Vaughn Fahie for providing the beautiful music and ambiance for the celebration. To hear more of Vaughn's music visit www.vaughnfahiejazz.com.

Reflection

by Greg Adamson

It was such an honor for me to perform at the PossAbilities dinner and to meet so many brave folks who have faced unthinkable challenges.

I hoped that my performance might serve as inspiration to many of those folks, but wow, did they ever inspire me. Every person I met that evening was so enthusiastic and optimistic, regardless of his or her circumstances.

The performance took on another level of importance for me since the San Bernardino terrorist violence had happened just four days before. So I was even more focused on making the performance as meaningful as possible. I also reworked my music just a day before the event to make it both optimistic and relevant to the moment.

I wanted the painting and the accompanying music to truly represent the theme of PossAbilities. My concept was to capture the moment in which a person emerges from a wheelchair and stands triumphantly, with hands raised toward a brilliant sky that only God could provide. Is she celebrating her own strength and courage, or is she praising God for giving her that strength and perseverance? The answer is both. I wanted to symbolize that we need not allow our circumstances to defeat or define them.

After meeting many of the folks that evening, I think the one who needed that message most was me. It seems all too easy to allow my insignificant problems to become bigger and to command more of my energy than they deserve. The folks at the PossAbilities dinner gave me a fresh perspective on life that I hope will linger into the new year and beyond.

Thank you to Pedro, Cotie and all the wonderful people at LLUH for the wonderful work you do and for allowing me to share in your celebration.



Support Groups

A.C.T.: AMPUTEES CAN TOO SUPPORT GROUP

NEW!

Adult & Pediatric Meeting

The PossAbilities Amputee Support Group is for anyone who has suffered from limb loss or limb deficiency. Family members are always welcome.

Come share your experiences, challenges and triumphs with a group of your peers that has gone through similar experiences.

Find new direction, support and hope with the mentoring and encouragement from others. 2nd Wednesday of every month, 7 p.m.

PossAbilities Office

Professional Plaza—Building A

25455 Barton Road, Suite 109A

Loma Linda, CA 92354

For more information, call **909-558-6384**.

AUTISM PARENTS SUPPORT GROUP

Third Thursday of the month, 6 to 7:30 p.m.

Loma Linda University Health PossAbilities Professional Plaza

25455 Barton Rd., Suite 109A

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.

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)**, extension 42401.

LARYNGECTOMEE 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**, extension 43909.

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)**.

NEW!

POSSABILITIES MONTHLY MIXER

Are you new to PossAbilities?

- Meet the staff
- Learn how to get involved
- Make new friends
- Socialize
- Dinner is provided

Come learn what it's all about.

3rd Wednesday of every month, 5:30 to 6:30 p.m.

PossAbilities Office

Professional Plaza

25455 Barton Road, Suite

109A Loma Linda, CA 92354



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)

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



For a complimentary Medicare health plan and enrollment consultation, call Sarah Welsh at 909-520-8482.



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.

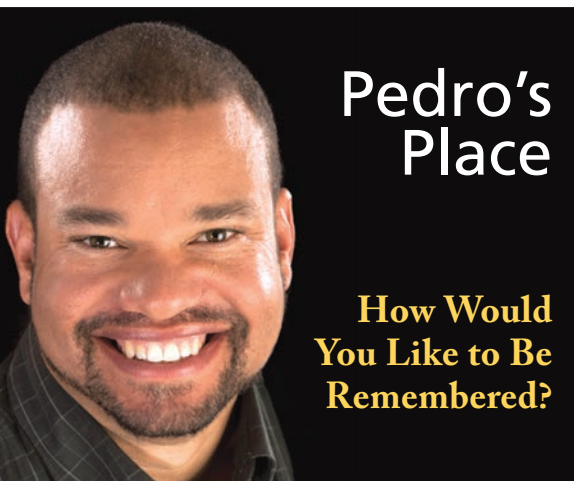
Cotie Williams
Editor

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6056M



Pedro's Place

How Would You Like to Be Remembered?

Is how people remember you important? Perhaps you have never given this much thought. I believe that how people remember us says a lot about how we lived. In the Bible, Jesus told his disciples that they would be known by how they loved one another. "A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another." John 13:34-35

Since people remember Jesus as being a loving person, it stands that anyone who exhibits this trait will be known as a follower of Jesus. What a lovely legacy to leave behind! How about you? How do people know you? What will your legacy be once you are no longer here?

This got me thinking: I would love it if people remembered me as a follower of Jesus. So if I am going to be serious about this, I better make sure I am loving those I come in contact with!

Stand Strong with San Bernardino

**Remember those Lost. Honor the Heros.
Build a Legacy.**



Whether you are a hardcore triathlete or running enthusiast, casual jogger or evening stroll taker, young or young at heart, this year's Tinman promises to be the event that will show the world our hearts may have been broken, but our community spirit and resolve is stronger than ever.

Presented by the



**30th Annual
TINMAN
SPRINT TRIATHLON
5K**

**Run.Walk.Roll
Kids Triathlon / Tricycle Race**

- ▶ **"SB Strong" Themed Shirts, Medals and**
- ▶ **Memorial Exhibit and Program**
- ▶ **Bigger than Ever Finish Fair with Great Prizes!**
- ▶ **Free Vendor Applications Being Accepted***

Sunday, June 28 • Cal State San Bernardino

Sign up now at Active.com or RotaryTriathlon.org for more information

*Must bring own booth and provide gifts and/or prizes for participants, call 909-855-3116 for details.

*If you wish to be removed from the mailing list for this publication,
call 909-558-6384 or email lburke@llu.edu.*