

PossAbilities & you

www.teampossabilities.org

Winter 2016

NEW Monthly Mixer

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25th Anniversary of the ADA

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Sickle Cell Patient Fair Full of Energy

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Powered by



PossAbilities at LLUMC





On Our Cover

Adrielle Silva, member of Team PossAbilities in Brazil, athlete and model

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.





LOMA LINDA UNIVERSITY
HEALTH

NEW!

PossAbilities



MONTHLY MIXER

PossAbilities is a FREE community outreach program that provides resources and activities for people with diverse disabilities and veterans.



Are you new to PossAbilities?
Come learn what it's all about.

PossAbilities Office

Professional Plaza

25455 Barton Road, Suite 109A
Loma Linda, CA 92354

3rd

Wednesday of every month from
5:30 p.m. to 6:30 p.m.

FIND NEW DIRECTION AND HOPE

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

For more information or to join PossAbilities go to
www.teampossabilities.org or call 909-558-6384.



Find us on
Facebook

PossAbilities at LLUMC

LLUMC/TEAMPOSS/07/15/07/16/00



CAMP NO LIMITS

Supports Kids with Limb Loss

Last June, PossAbilities sponsored member Aidan O'Shea, 11, to attend Camp No Limits in Big Bear, California. Camp No Limits is the only camp that creates a network of support for young people with limb loss and their families. Camp No Limits offers therapeutic programs with specialized professionals, including a physical-occupational therapist, prosthetist and adult amputee role models. Their mission is to educate and empower young people with limb loss to discover and develop a healthy, happy and independent lifestyle.

In August 2004, Camp No Limits started with four families. More than 10 years later, they are nationwide with multiple camp locations: Maine, Missouri, Connecticut, Maryland, Florida, Idaho, California, Arizona and Texas.

Aidan had osteosarcoma in 2013 and had a knee disarticulation. He was thrilled to know that he was chosen to go to Camp No Limits. When Aidan was asked what he liked about camp, he said, "I like seeing people like me." Aidan was also asked which activities he liked to do at camp, and he said, "I got to do fun things I don't get to do at home, like zip line and human foosball. I also did a magic trick in a talent show. We got to dance around, and we were one of the last ones to leave."

To learn more about Camp No Limits, visit www.nolimitsfoundation.org.



Aidan enjoying the zip line.

PossAbilities Xtreme Baseball Team Starts New Season

PossAbilities Xtreme baseball team starts a new season.



If you would like to get involved with the PossAbilities Xtreme Team, email possabilities@llu.edu.



Another HOT TinMan Tri

by Susan Longville, race director

Whatever it is in the human heart that motivates people to play and compete with one another, that's what keeps bringing athletes of all ages to the TinMan Triathlon, 5K and Kids' Tricycle Race.

On the last Sunday in June, PossAbilities once again partnered with the San Bernardino Sunset Rotary to sponsor this race at the Cal State San Bernardino campus. What is unique about this triathlon is that it is relatively short in distance: a 3.1-mile run followed by a 9-mile bike and 150 yards (six laps) in a swimming pool. That means that both the best athletes and the least experienced can complete the course feeling successful.

Families love TinMan because there is something for everyone. The number of children competing in TinMan is perhaps its greatest achievement. One in 10 of the triathletes who go the whole distance is younger than 15. The triathlon for children draws a field that is almost one-third the size of the adult race. There is even a tricycle race for toddlers. What's also far from unusual is that one of five runners competing in the 5K is younger than 13.

TinMan is also a favorite for challenged athletes. PossAbilities hosted its own field of triathletes and 5K runners who were joined by others from around the Southern California region. Some have become regulars at this annual event. Next year, the 30th annual TinMan Triathlon, 5K and Kids' Tricycle Race will take place Sunday, June 26, 2016.



Athletes L to R:
Beth Sanden, Jesse
Ramos, Courtney Ryan
and Molly Bloom

TINMAN 2015



A Lesson About Disability from THE 2015 INLAND DISABILITY EXPO

by Rodney B. Hume-Dawson

What a magnificent day Saturday, August 8, 2015, was in Riverside, California. It was a day to celebrate as thousands of people with disabilities and their supporters gathered at the Riverside Convention Center for an Inland Empire EXPO that showcased more than 150 resources, products and services for seniors and people with disabilities.

This year's event was historic, as it marked the 25th anniversary of the Americans with Disabilities Act, the very law that made the EXPO possible. It was especially poignant and reassuring for me to see so many people in an open atmosphere where they felt at ease, accepted and welcomed. It was a momentous occasion, one to be proud of because, until recently, people with disabilities were hidden and segregated.

I was so touched by what I saw and kept asking myself a very notable question: Given that there are so many people with disabilities worldwide, why is it that people with disabilities are not as visible on a daily basis in California as they were at the EXPO? Are we still struggling with societal perception of disability? Do we still see impairment as a deviance? Perhaps an EXPO that attracts so many people from all over California should also facilitate seminars and sessions where people are taught the realities and honest facts about disability. While it



is important to showcase all the products and resources that are helpful for people with disabilities to be independent and active, we must realize that the most important element that remains an obstacle for people with disabilities is the habit of the heart. It is acceptance and love that makes all the difference at the end of the day.

Having said that, we applaud the organizers for lining up all the different activities and services that were exquisitely displayed at the event. The entertainment and the spectacular display of some of the talents

of people with disabilities is a great sign of progress, but we must not rest on our triumphs. We must keep striving for higher ideals until everyone understands that disability is a human reality for all of us as long as we remain alive—and is never an individual issue that needs to be set aside.

As a volunteer for PossAbilities who had the honor of speaking and interacting with numerous people, I recognized the need for empathy, not sympathy and patronization, but a deep-felt love that shows genuine and sincere understanding of the human condition called disability, which all of us will experience at some point in our lives. So it is incumbent on all of us to be uplifting, encouraging and nonjudgmental in all ways for people with disabilities so that when our own time comes, others will do the same for us.



Celebrating the ADA!



The Inland Empire Disabilities Collaborative organized a conference, expo and community event to celebrate the 25th anniversary of the Americans with Disabilities Act (ADA). The following are highlights from the celebrations:

Conference

Over 250 professionals were able to learn from numerous subject matter experts, including featured keynote speaker Richard Pimentel, a pioneer of the ADA movement. The aim was to bring pertinent information to professionals, so that all can improve access and services for seniors and people with disabilities.



Friday Night Out

The community came together at the Riverside Convention Center's outdoor Mall Plaza and enjoyed art, film and music made and performed by people with disabilities. The wheelchair dancers captivated the audience and brought everyone together for a salsa demo. People with disabilities, community members, professionals, young and young at heart all came together and danced. Arts included fine art from The Clarity Arts Project, pottery, designer clocks, T-shirts and more. The night was successful in bringing awareness of the talents and abilities of people with disabilities.

IE Disabilities EXPO

The EXPO brought in over 150 exhibitors with a focus on seniors and people with disabilities. Over 2,500 attendees were able to learn about products and services, enjoy entertainment by people with disabilities and discover that there are many resources in their own community. With collaboration, we were able to bring empowering resources that promote independent living to our disability community.



The 5th Annual Inland Empire Disabilities EXPO was held at the Riverside Convention Center.



SICKLE CELL PATIENT FAIR FULL OF ENERGY

by Sheila Marchbanks, M.B.A., facilitator, Sickle Cell Disease Support Group, Loma Linda University Medical Center East Campus and Loma Linda Health

Vibrant. That's the word to describe the 2nd Annual Sickle Cell Disease Patient Fair. As the autumn season brings us rich colors to paint the landscape bright, vivid and striking, we at Loma Linda University Health and Medical Center East Campus experienced an exciting afternoon celebrating the national commemoration of Sickle Cell Disease Awareness Month, in September. On Sunday, September 20, from 1 to 4 p.m., we gathered 100 strong to enjoy an afternoon of celebration for individual Sickle Cell Disease (SCD) patients, their families, friends, advocates, supporters, health care providers and the community at large. This 2nd Annual Patient Fair was titled "Live Well with Sickle Cell," and that we did!

A program full of energy included something for everybody in the community. Our senses were totally engaged: taste, sound, sight, spirit, body and soul.

Imagine an afternoon full as a cornucopia: a good, tasty, healthy, complete salad bar; palate-satisfying cool treats for dessert; original poetry delivered rhythmically and soulfully; and a dynamic, spirit-filled keynote presentation with audience participation. This festive atmosphere was filled with live music by a quartet of consummate professionals. A crowd favorite, the band played a wide genre of music, including gospel, jazz fusion, R & B and pop. As the music flowed, some of the participants were seen doing a little praise dancing, singing along, smiling and clapping.

The fellowship of the SCD Support Group members, volunteers and all the guests was exuberant! What a wonderful afternoon of connection and caring. The wishing-well centerpieces were filled with words of wisdom in response to the question, "How do you live well?" The Support Group will read and reflect upon these words in the months to come.

Please come and join us at the monthly SCD Adult Support Group and Educational Series. All are welcome. We meet the second Thursday of the month, 6:30 to 8:30 p.m., in Professional Plaza, Building B, PossAbilities Office, 25455 Barton Ave., Suite 109A, Loma Linda, CA 92354, **909-558-6384**.

Punctuated with orange, green and yellow, this was an effervescent, lively and colorful day full of the brightness of living well and living with thanksgiving and gratefulness.

Nick Gleissner, paracyclist



Road to Rio Athlete Update

PossAbilities is excited to announce the newest addition to our Paralympic training program—Nick Gleissner! Nick is a cancer survivor who lives in San Jacinto, California. Although the cancer has had some adverse affects on his neurological system and mobility, it doesn't stop Nick from riding his bike. As a sponsored athlete in the Road to Rio program, Nick is provided with coaching, nutrition, a sports psychologist, equipment and travel support. We are really looking forward to seeing Nick pursue his Paralympic dreams.



MEET OUR MEMBER Sarah Mihaila

By Sarah's mother, Alexandra Avram

Sarah Avram (Mihaila) was born on March 17, 2006, at Loma Linda University Children's Hospital with spina bifida and hydrocephalus.

Because her parents prayed for their firstborn and believed that God planned Sarah's life before she was in their plan, abortion was not an option. Sarah was created so perfect to redefine disability while she encourages others who are facing different challenges.

Sarah is now in fourth grade at Inland Leaders Charter Schools in Yucaipa, California. She loves singing, playing guitar, swimming underwater, playing tennis and sled hockey, crafting, photography, playing with her sister, praying for the needy, reading her Bible and joyfully sharing her testimony to inspire others. She also loves to ride her handcycle that she received from the Olympic cyclist, Amber Neben, through

the Dare to Be Project. Sarah also received the Outstanding Academic Presidential Award and Outstanding Achievement at the Leadership Fair for serving her community beyond the limit by representing her school. She always wants to give all the glory to her Lord and Savior, Jesus!

Sarah had the honor to be interviewed by her friend Joni Eareckson Tada on the radio and soon after that, Sarah was recognized as the October 2014 star kid of the month on the Kids' Corner at the Joni and Friends website. Sarah and her family support Walk-N-Roll for Spina Bifida and the Hydrocephalus Organization, and they are praying that one day God will bring complete healing to all in need. Sarah believes that every kid and anyone who faces pain, trials or disability as individuals are valuable!

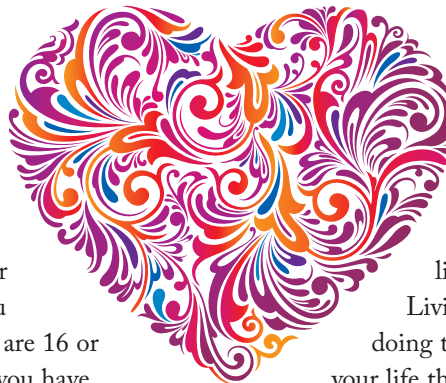


WOULD YOU LIKE TO TELL YOUR STORY?

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

Encouraging Thoughts by Alexandra Avram (Sarah's Mom)

Yes you, you are precious, you have personality, you can laugh, sing, create, dream and destroy. You have feelings and can be hurt. When things don't go our way, we get sad. This might surprise you, but God doesn't always get what He wants, and neither do we. Your potential is unlimited. God's desire is to do through your life "exceedingly, abundantly above" what you could ask for or even think of. Whether you are 16 or 60, no matter where you have been or what you have



seen, you haven't even scratched the surface of all that God intends for you. There is music inside of you waiting to burst out, poems you're meant to write, horses you're meant to ride, people you're meant to touch, companies waiting to be launched, things you're supposed to invent, a clothing line you'll design ... all to the glory of God.

Living out the calling in your life isn't necessarily doing things in an entirely new way. You have to see your life through the eyes of a lion.

(This encouragement was inspired from the book *Through the Eyes of a Lion* by Levi Lusko.)



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

Suite 109A Medical Center East Campus

Tom and 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.

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 Drive, Suite 109A

Loma Linda, CA 92354

Family is welcome. For more information, call

Dennis at **909-890-1527** or email

Kaney-D@iehp.org.

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.

THE LIMB CONNECTION (TLC)

Family support group for children with

limb loss. For more information, please

contact Joan Le at TLCfamilies@gmail.com.

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)**.

POSSABILITIES MONTHLY MIXER

NEW!

Are you new to PossAbilities?

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

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

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

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

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Pedro's Place

**He Will Again
Bring You Up**



An old man lived by himself in a hilltop cabin. One day, a hungry young man wandered near his cabin. The young man had traveled from very far away.

The old man prepared a small meal for him, and then they began to chat by the fireplace. The young man recounted many of the adversities he had endured during his journey. He had been robbed, beaten and kicked out of motels.

After hearing about how poorly the young man had been treated, the old man exclaimed, "Thank God you are still alive!"

"I stopped thanking God a long time ago," the young man responded. "Not sure He even cares!" Upon hearing this, the old man read him the following words from the book of Isaiah: "The Lord has forsaken me, the Lord has forgotten me ... Can a mother forget the baby at her breast and have no compassion on the child she has borne? Although she may forget, I will never forget you! See, I have engraved your name on the palms of my hands. Your condition is ever before me."

The young man stood silent. He then lifted his head and asked the old man, "Do you think God cares about all of the bad things that have happened to me?" The old man looked upon him with compassion and said, "I know you're a busy traveler, but remember these words from Psalm 71:20:

Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up."



LOMA LINDA UNIVERSITY
HEALTH

PossAbilities



PossAbilities

14th Annual TRIATHLON

5K RUN WALK ROLL

April 24, 2016

PossAbilities provides resources and opportunities for people with diverse disabilities.

To pre-register or sign up to volunteer, go to teampossabilities.org and click on "Upcoming Events" or go to active.com and search PossAbilities.

online registration powered by **active.com**

Online registration opens January 1, 2016.

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