

PossAbilities & you

www.teampossabilities.org

Summer 2016



Join Us for Accessible Yoga

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**Running Feet Donations
Fuel the Dreams of
PossAbilities Members**

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Paul Brown**

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Powered by



PossAbilities at LLUMC





On Our Cover

Featured PossAbilities member
Jennifer Hughes

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



Accessible Yoga

NEW!



**Every Wednesday from
9:00 – 10:00 a.m.**

Drayson Center, Studio B
25040 Stewart Street
Loma Linda, CA 92354

- Registered yoga instructor.
- Activity will be modified based on the mobility needs of the students.
- Open to all ability levels. All disabilities welcome.
- Classes will focus on physical yoga practice as well as meditation and relaxation.
- This class is open to members of PossAbilities only.

Check in at the Drayson Center front desk and present your PossAbilities membership card.

For more information visit
teampossabilities.org
or call **909-558-6384**.



What to bring?
YOURSELF!

Optional items to bring

- Water
- Yoga mat
- Props



LOMA LINDA UNIVERSITY
HEALTH PossAbilities



Running Feet Donations Fuel the



Freedom Innovations, which develops state-of-the-art prosthetic feet and knees, made a commitment to donate five running feet to members of PossAbilities this year. The in-kind donation is worth more than \$35,000.

The first of the five running feet was recently gifted to PossAbilities member Zimri Solis. At age 10, doctors diagnosed Solis with meningococcal meningitis—a rare infection that causes inflammation of the membrane covering the brain and spinal cord. To save his life, doctors amputated one of his legs and both hands. Now 33, Solis' goal is to one day be a Paralympic triathlete.

"This running foot from Freedom will change my life!" says Solis. "To pursue my dreams of becoming a Paralympic athlete, having the proper equipment will help me on my journey. With this foot, I can be competitive in my sport."

Most insurance companies do not typically cover prosthetic running feet, which makes this donation from Freedom Innovations even more meaningful, says Cotie Williams, manager of PossAbilities.

PossAbilities will work with Loma Linda University Medical Center's Orthotics and Prosthetics Department to identify patients who are potential candidates for these types of grants.

"It is important for PossAbilities to provide Loma Linda University Medical Center patients with resources," says Pedro Payne, Ph.D., director of PossAbilities.

PossAbilities is recognized by the United States Paralympic Committee as



Dreams of PossAbilities Members



Experience Xtreme Energy Return



Up to 30% Greater Energy Return • Optimized Propulsion & Stability • User Customization
See Catapult in Action at freedom-innovations.com/catapult



a Paralympic Sports Club. The club helps provide athletic opportunities to those in the community with a disability whether they are new to a sport or an advanced athlete. The club is geared toward training and priming elite athletes to compete for a place on the National and U.S. Paralympic teams in a variety of sports.

Some athletes require prosthetic solutions to advance them in their path to the Paralympics. In 2016, PossAbilities will sponsor four athletes in their journey to the Paralympics. Two of those four athletes are past recipients of lower limb prosthetic grants from Freedom Innovations.

About the Feet

Name: Catapult® Running Xtreme energy return

- Dual-spring technology increases the amount of energy stored and optimizes the timing of its release—providing up to 30 percent greater energy return.
- Energy propulsion allows users to expend less energy in a more stable and balanced design.
- Pyramid attachment facilitates alignment changes and the use of a single prosthetic socket for all activities.
- Interchangeable soft and medium PowerSprings enhance user customization.
- Rated up to 166 kg (365 pounds)
- Foot includes a 12-month warranty.



PossAbilities and U.S. Paralympics Host Track and Field Clinic

Loma Linda University Health PossAbilities hosted a free Paralympic track and field clinic for individuals with disabilities on Sunday, April 17.

U.S. Paralympics and the U.S. Paralympic track and field national team coaches dedicated their time and talent for a training and educational day. The coaches' aim for the clinic was to grow the Paralympic track and field programs for individuals with physical and visual impairment.

"The U.S. Paralympic team strives to be the best in the world," says Rick Adams, chief of Paralympic Sport and NGB Organizational Development. "But we can't get to the top of the podium without the help of community partners like Loma Linda University

Health PossAbilities. With PossAbilities' help in hosting this U.S. Paralympic track and field clinic, U.S. Paralympics might find the next great Paralympic champion in your backyard."

The session covered training modifications and best practices for Paralympic-eligible track and field athletes, including:

- Wheelchair racing
- Para-ambulatory racing
- Seated and para-ambulatory throws
- Practical instruction for coaches and athletes

Cotie Williams, manager of PossAbilities, says, "This session was open to area track and field coaches, Paralympic Sport Club representatives, VA Medical Center and Veteran Service Organization professionals, local school

systems, rehabilitation hospital professionals and sport and disability professionals interested in Paralympic track and field."

The training aimed to:

- Make coach education and certification material accessible for more qualified coaching
- Connect U.S. Paralympic track and field to Paralympic partners and coaches with the goal of developing athletes and working together in the future
- Provide Paralympic partners and area coaches the knowledge and resources for developing athletes in Paralympic track and field

A special thanks to the University of Redlands for allowing the use of Ashel Cunningham Track inside Ted Runner Stadium.



Ryen Reed,
Team PossAbilities
athlete





Loma Linda University Health PossAbilities Para-Cycle Race Series at the Redlands Bicycle Classic hosted more than 50 competitors from around the country.

POSSABILITIES HOSTS U.S. PARALYMPICS CYCLING SERIES AT THE

Redlands Bicycle Classic

The PossAbilities Para-Cycle Race Series, in conjunction with the 32nd annual Redlands Bicycle Classic in Redlands, took place April 7 to 10.

Loma Linda University Health PossAbilities, powered by Quest Diagnostics, was recently chosen to receive a grant by the United States Olympic Committee for clearly demonstrating the vision of the Craig H. Nielsen Foundation by providing opportunities and improving the lives of individuals with spinal cord injuries.

The grant helped offset expenses for the Redlands Bicycle Classic PossAbilities Para-Cycling Race Series as a designated host for a 2016 U.S. Paralympics Cycling Series event.

The event this year involved four stages of racing, including:

- A road race in Yucaipa on Thursday, April 7
- A time trial in Highland on Friday, April 8
- Two criteriums in downtown Redlands on Saturday and Sunday, April 9 and 10

A Learn to Ride Clinic for all ages was open to the public and introduced the sport of paracycling to more than 100 children and adults.

Omnium Winners

MC1	Matthew Bigos
MC3	Jason Mlot
MC4	Nick Gleissner
MH2	Will Grouxl
MH3	David Randall
MH4	Ryan Pinney
Recumbent	Matthew Rodriguez
MT1	Jay LaPointe
MT2	Steven Peace
M Tandem	Ray Middleton
WC4	Ryen Reed
WH3	Jenna Rollman
WT2	Jill Walsh





More than 900 were in attendance at the 14th Annual PossAbilities Triathlon.

The 14th Annual PossAbilities Triathlon

Loma Linda University Health PossAbilities took to the streets of Loma Linda on Sunday, April 24, for this 14th annual event. The morning was a bit dreary until the sun popped through the clouds right before the race started. Over 930 adults and children, able-bodied and challenged athletes, participated in the adult tri, kids tri or 5k run/walk/roll. The adult sprint triathlon included three different segments: 5K (3.1-mile) run/walk/roll; 11-mile bike ride; and a 150-yard swim in the Drayson Center pool. The 5k is suited for anyone with any ability. Whether you're in a

wheelchair, need a walker or run, this was the event designed to include all. To start the kids' day off just right, Bernie, the mascot from the San Bernardino 66ers, warmed them up with exercise. Then they were off to the races in a quarter-mile bike ride, quarter-mile run around the track, a brief jaunt through a bounce house and then a cool swim for 25-yards in the Drayson Center pool.

Participation and inclusion is always the focus of this community event. All who participated received a finisher medal and shirt. Over \$6,000 was awarded to challenged athletes who

finished in the first three places in each adult overall category (age groups excluded). Aside from the hype of the race itself, the event boasted a jump house, face painting, community resources from over 40 vendors, adaptive climbing wall, live music, a weenie roast and much much more. Seven local schools brought over 400 students to represent their schools in this event.

A special thanks to Quest Diagnostics, Molina Healthcare and Inland Empire Health Plan (EHP) and all of the in-kind sponsors that made this event possible.

A VERY SPECIAL THANK YOU TO OUR IN-KIND SPONSORS



MEET OUR MEMBER Paul Brown

My name is Paul Brown, and I was born in Dallas. I attended school through the 12th grade and then enlisted in the U.S. Marine Corps in 1965. My training was in San Diego and then in Oceanside, California, at Camp Pendleton for infantry and communication training. In 1966, the Marine Corps was ordered to the Republic of South Vietnam; my Marine unit was sent there.

After my discharge from the military, I enrolled in school and attended West Coast trade schools in Los Angeles, where I completed my associate degree in industrial design and drafting.

I later attended Fullerton College, where I studied physical and police science. I then attended Riverside City College and studied fire science and decided to compete for a position in the Fire Department.

I got my position with the City of Indio Fire Department and soon learned it was quite a rewarding job to be a firefighter. I enjoyed helping others with medical and rescue (my true love was extinguishing structure fires). It was my true calling to be a firefighter. Soon Proposition 13 was passed, which affected taxes collected, and I was laid off.

When I was 47, I noticed pain in my right lower leg when I walked. I saw a vascular surgeon, who determined that I had a major blockage of the artery in my thigh, and he did surgery to add a bypass to clear the blockage.

In 2008, I was bitten by a black widow spider, and things spiraled out of control. I developed gangrene in the foot. It was amputated, but the wound would not heal. I spent 73 days in HBO (hyperbaric oxygen therapy), which was very depressing. The surgeons decided to amputate below the knee, and again it would not heal.

In 2010 I went to the VA hospital, where the



vascular team checked out the wound. The team discovered a bone infection that would eventually spread into the knee, so they amputated above the knee to stop the infection.

I am an active amputee and enjoy swimming, hand cycling and restoring old automobiles as a hobby. I have participated in the Redlands Bicycle Classic 2013, 2014 and 2015 races; PossAbilities Triathlon; Tour de Palm Springs for the last three years; the Patriot Ride with Incight for the past two years; and I ride with Team PossAbilities group rides. I have also been actively riding the Santa Ana River bike trail up to three days a week and with the Long Beach VA Hospital once a month.

My main goal is to stay fit and healthy and create my own challenges to help me redefine my disability and overcome limitations. The PossAbilities program supports people with all types of disabilities, and when I see the joy on everyone's faces when they complete events, it makes me feel good, smile and know how far I have come because of the program. I will always encourage others to participate and redefine who they are.

WOULD YOU LIKE TO TELL YOUR STORY?

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

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 mentoring and encouragement from others. Join us the 2nd Wednesday of every quarter. March

June

September

December

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.

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@ieh.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.

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
- 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.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

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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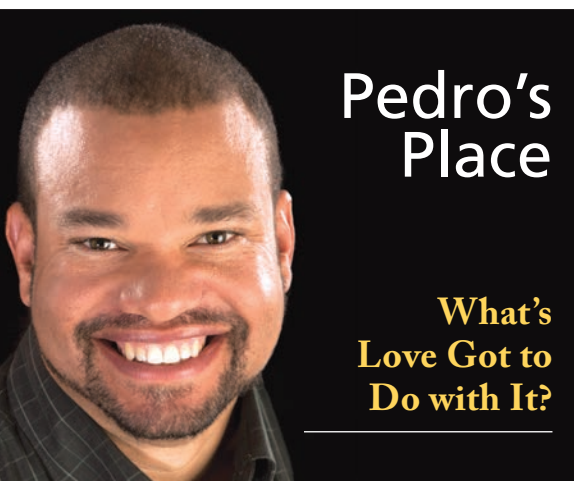
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Medical Center



Pedro's Place

What's
Love Got to
Do with It?

"What's Love Got to Do with It?" is a famous song Tina Turner released in 1984. Every time I hear it on the radio, I think about how I would answer the question. What's love got to do with it? Well, I think love has a lot to do with it!

You see, I have always believed that my God loves me. No matter what he allows to happen in my life, whether positive or negative, his love for me never changes. It is the one constant in my life. It is the one thing I can depend on. The Bible teaches us that "God is love" (1 John 4:8).

I started to think about God's law—the 10 Commandments. Upon closer reflection, I realized that God's law is really all about love. The first four commandments tell us to love God. The other six commandments tell us to love our neighbors. So when it comes to God and his law, love has everything to do with it! God wants us to love because God is love. Hmmm ... what do you think of that?

2016

INLAND EMPIRE DISABILITIES EXPO



10-YEAR ANNIVERSARY

**Saturday, October 22, 2016
10am - 4pm**



Admission and Parking
are **FREE**

National Orange Show

689 South E Street
San Bernardino, CA 92408

Entrance on S. Arrowhead Ave.
Gate 7 & 8



Register Online Today at

www.IEDisabilitiesEXPO.org

Call (909) 890-5136

TTY users 1-800-718-4347

In-person Registration at the door

Please request disability-related
accommodations at least 2 weeks prior

Exhibits On:

- Assistive Technology
- Youth Services
- Health
- Senior Services
- Transportation
- Housing
- Recreation
- Advocacy
- Employment



**INLAND EMPIRE
DISABILITIES
COLLABORATIVE**

The IEDC is sponsored by Inland Empire Health Plan, PossAbilities of Loma Linda University, and Community Access Center.

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