



LOMA LINDA  
UNIVERSITY  
HEALTH

# PossAbilities & you

Spring 2017

[www.teampossabilities.org](http://www.teampossabilities.org)



## Time to Get Involved

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Powered by



PossAbilities at LLUMC



Register  
Online Today  
for  
April 5K &  
Triathlon



*On Our Cover*  
Elizabeth Roth, member of  
PossAbilities

## Benefits of Membership

- Social, recreational & 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**

**P**ossAbilities 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](http://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*



## Time to Get Involved! 2017 Calendar

January	Tour de Palm Springs
February	USARC Ski Trip
March	Brainstorming Walk 4 Thought
April	15th Anniversary PossAbilities Triathlon Para-Cycling National Championship
May	Citrus Valley Club PossAbilities Prom Colton High Club PossAbilities Prom LLUCH Children's Day Redlands Bicycle Classic Para-Cycling Race Redlands High School Club PossAbilities Prom
June	Arts and Crafts Workshop Grant & Scholarship Application is open Tinman Triathlon and 5K Run/Walk/Roll
July	Drayson SwimAbilities Program Kids Pool Party
August	"Discovery Scuba" for Veterans Summer Picnic
September	Annual Women's Luncheon Senior Triathlon
October	Disability Sports Festival at CSUSB Drayson SwimAbilities Program (Sundays) IEDC Conference Senior Health Fair Wheels for the World Chair Drive
November	Sports Luncheon
December	Annual Celebration Dinner Children's Christmas Party



## ONGOING MONTHLY ACTIVITIES

- Stretching & Exercise Program, every Monday
- Sickle Cell Education Series, second Thursday of the month
- Stroke Support Group, third Tuesday of the month
- Monthly Mixer, third Wednesday of the month
- Group Bike Rides, second and fourth Sundays of the month
- Laryngectomy Support Group, third Sunday of the month
- Autism Parents Support Group, third Thursday of the month

For more details and options, visit our online calendar at [www.teampossabilities.org/events](http://www.teampossabilities.org/events).





# HAVING FUN AT THE SUMMER PICNIC

**S**ocial interaction is an important part of healing for those living with a debilitating disease or adjusting to life with a physical disability. It helps build relationships and confidence, nurtures self-esteem and makes people feel like a part of something greater than the obstacles they face on a daily basis.

Yet many people with disabilities and their caregivers struggle to find activities where their challenges are understood by others. PossAbilities offers its members social events that provide an opportunity for interaction, happiness and community building.

In August, for example, PossAbilities organized its first summer picnic for members. More than 100 families gathered together at Sylvan Park in Redlands to play games, make new friends and enjoy snacks and lunch together. "I met a new friend today. I want to have more picnics," said Tory, a 6-year-old who has Down syndrome.

"Having opportunities for my daughter to play with other kids and not feel different is really important," Tory's mom said. "Because she has learning disabilities, we struggle to find activities where she is allowed to play with other kids." The PossAbilities picnic provided the opportunity for everyone to have fun and be themselves.

**SAVE THE DATE!**

**2nd Annual  
Summer Picnic  
August 6, 2017**



**JOIN US!** Find a variety of additional events online at [www.teampossabilities.org](http://www.teampossabilities.org). Click on "Upcoming Events." Turn to page 10 for information about events and support groups.





# Camp No Limits

Ready for Your Next Family Adventure?



Camp No Limits is a unique and exciting camp experience for children with limb loss and their families. Discover—together—what it means to change impossible to “I’m possible” through fun activities, empowerment and education.

Come meet our supportive adult amputee role models, knowledgeable occupational and physical therapists and amazing volunteers. Camp No Limits operates nationwide, with one of their camps located in Big Bear, California! Big Bear highlights include:

- High ropes course
- Zip-lining
- Climbing wall
- Swimming
- Archery
- Human foosball
- Talent night

## WILL YOU TAKE THIS ADVENTURE WITH US?

Visit [www.nolimitsfoundation.org](http://www.nolimitsfoundation.org) to register or learn more about Camp No Limits’ programs. Or contact:

Mary Leighton, OTR/L, Camp Director  
EMAIL: [campnolimits@gmail.com](mailto:campnolimits@gmail.com)  
PHONE: 207-240-5762

Melanie Dash, Program Director  
EMAIL: [mel.campnolimits@gmail.com](mailto:mel.campnolimits@gmail.com)  
PHONE: 207-254-7400

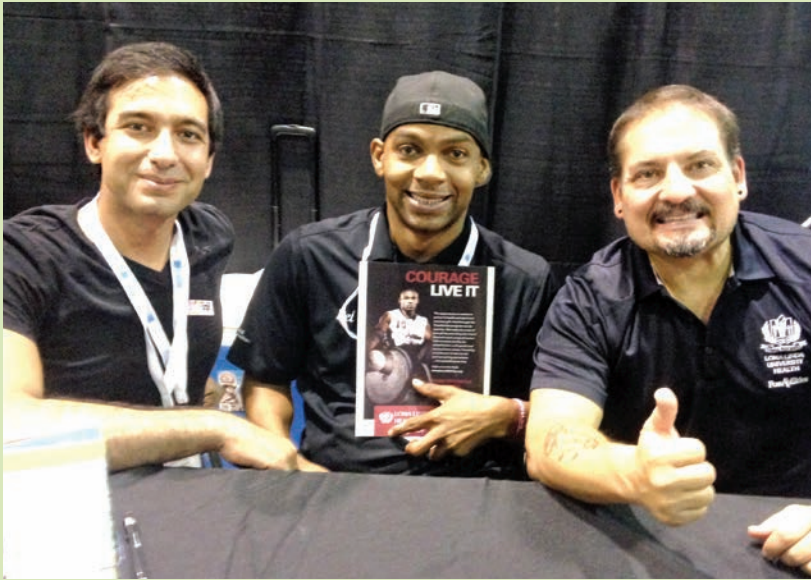
## 2017 CAMP LOCATIONS AND DATES

- Florida: February 17–20
- Maine, Camp sNOw Limits: March 2–5
- Texas: May 11–14
- Missouri: June 4–7
- California: June 22–25
- Connecticut: July 6–9
- Idaho: July 13–16
- Maine: August 8–12
- Maryland: September 1–4

Scholarships are offered for all camp locations. For more information, email [covilliams@llu.edu](mailto:covilliams@llu.edu).



# IE Disabilities Expo



The 2016 Inland Empire Disabilities Expo in San Bernardino, California, on October 22, 2016, showcased more than 160 exhibitors focused on seniors and people with disabilities. More than 5,000 attendees learned about products and services, saw a backflip in a wheelchair and found out about resources in their community. Learn more about this free community event organized by the Inland Empire Disabilities Collaborative at [www.iedisabilitiesexpo.org](http://www.iedisabilitiesexpo.org).

(L to R) Atta Zahedi, Delmon Dunston and Gregory Crouse

## Team PossAbilities at Disneyland Half Marathon

Congratulations to PossAbilities member Ralph Piepenblos, who finished first in the wheelchairs section at the 11th annual Disney Half Marathon in Anaheim, California, on September 4, 2016.

### UPCOMING EVENTS

Turn to page 10 for information about support groups. Find a variety of events online at [www.teampossabilities.org](http://www.teampossabilities.org). Click on "Upcoming Events."





# FLYING HIGH

by PossAbilities member Steven Hoffman

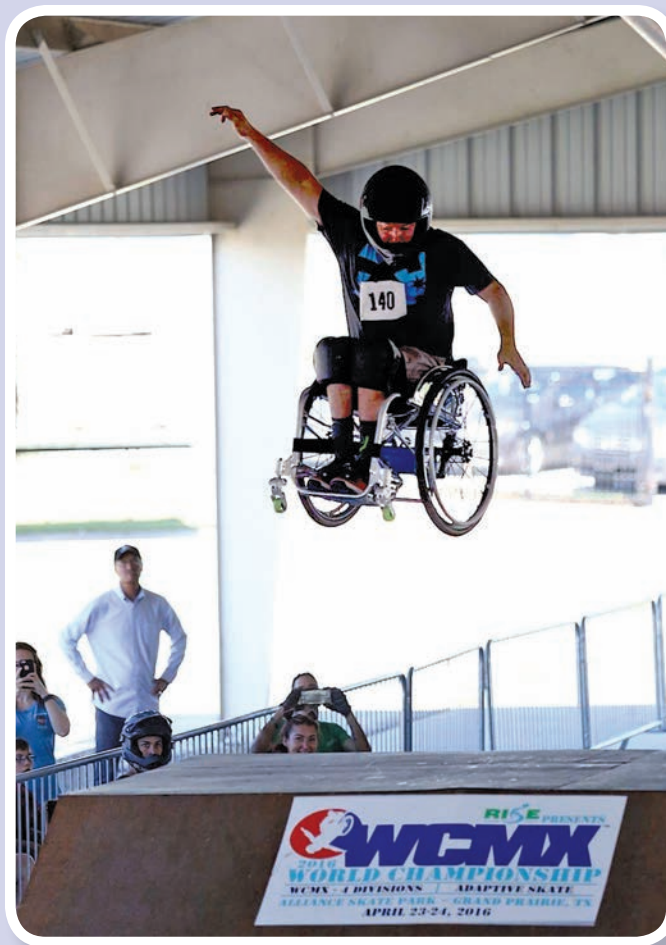
**M**y name is Steven Hoffman. I was injured and became a T-12 incomplete paraplegic from a motorcycle accident in 2005. Without PossAbilities, I would have never known that I could still play sports and do half of the things that I now do in a wheelchair.

I'm so blessed that I've been on an awesome basketball team, PossAbilities Rolling Bears, for nine years and have been able to travel and meet some amazing people. I also play tennis, mono-ski, hand cycle and do triathlons. I just recently picked up a new sport called WCMX (wheelchair motocross).

WCMX is an awesome sport that has grown so much in the last few years. Aaron "Wheels" Fotheringham is the best in the world on a wheelchair and can land double backflips and front flips over huge gaps! There are also women and kids who are into the sport as well. In April of this year, I went to the WCMX world championships and qualified fifth, but was injured so I didn't ride the main day.

I love the sport and was first introduced to it in 2008, when I met Wheels. The same day, we went to the skate park, and I dropped into my first quarter pipe. I was kind of scared at first, but once I overcame my fear and did it, it felt so good. I was hooked. A few years went by (more like six), and I was finally able to get my own WCMX Box Wheelchair with four-link suspension and Fox shocks made for the park.

I feel so free when I'm at the park. It's so awesome to be able to inspire others and show them that anything is possible if you put your mind to it. Never give up, and keep on keeping on and rolling strong!



**WOULD YOU LIKE TO INSPIRE OTHERS?**

Email your story and a high-resolution photo to [cowilliams@llu.edu](mailto:cowilliams@llu.edu).

# A JOYFUL HEART IS GOOD MEDICINE

## Sickle Cell Disease 3rd Annual Patient Fair

*by Sheila Marchbanks, M.B.A., certified sickle cell trait counselor and facilitator of Sickle Cell Disease Support Group, Loma Linda University Medical Center East Campus and Loma Linda Health*

**A**cross the nation in September, Sickle Cell Disease (SCD) Awareness Month is recognized and celebrated with a wide variety of programs, such as educational seminars, walks, medical blood test screenings and rallies. Here at Loma Linda University Health, joy radiated in the Tom and Vi Zapara Rehabilitation Pavilion on the afternoon of September 18, 2016, as approximately 175 people attended the 3rd Annual Sickle Cell Disease Patient Fair.

Attendees came from Northern California to Southern California for this growing event. They included patients, parents and other family members, caregivers, health care providers, advocates, community leaders and other supporters. The educational and engaging family forum provided an opportunity to learn more about sickle cell disease, as well as a chance to meet and mingle. The Fair had a truly fantastic atmosphere where individuals congregated in a positive environment filled with conversation and connectedness.

With activities and presentations designed for people of all ages—from toddlers to older adults—the afternoon had something for everyone. Outside, many of the younger participants played Nerf basketball and kept cool with fruit-flavored snow cones. Others

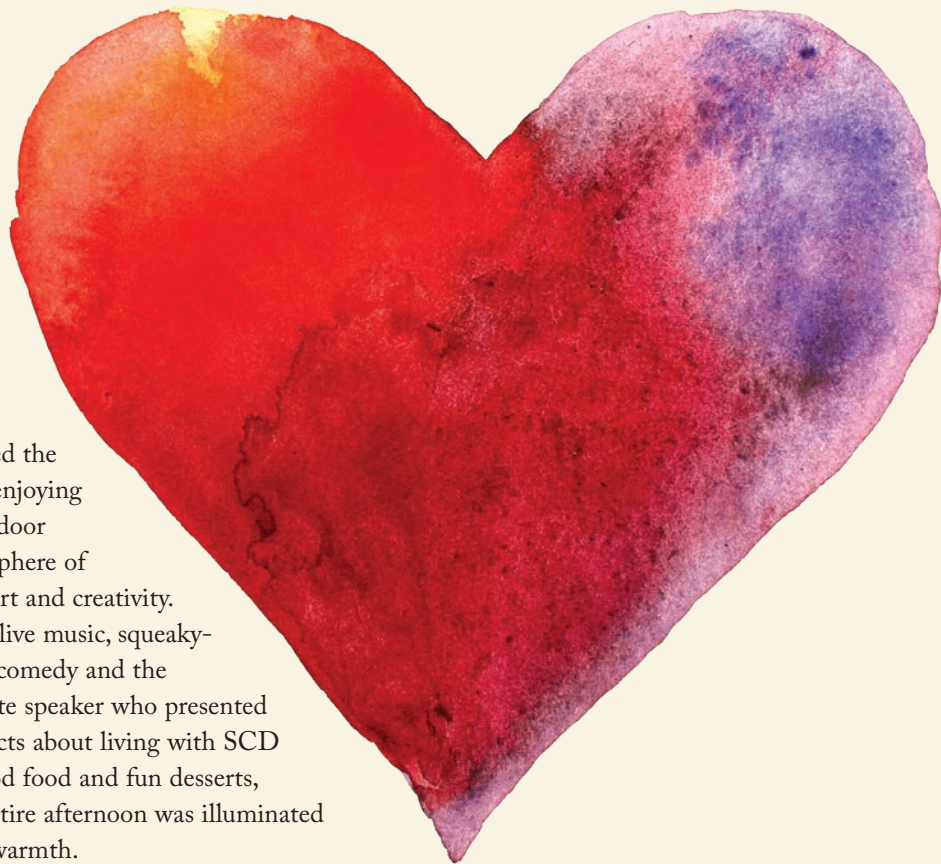
avoided the heat, enjoying the indoor atmosphere of comfort and creativity. From live music, squeaky-clean comedy and the keynote speaker who presented key facts about living with SCD to good food and fun desserts, the entire afternoon was illuminated with warmth.

The entire Sickle Cell Disease Support Group team sported red T-shirts designed with the global message declaring the six most frequently occurring variants or types of SCD:

- Sickle Cell Anemia (SS)
- Sickle Cell C (SC)
- Sickle Beta Thalassemia (SBT)
- Sickle D (SD)
- Sickle E (SE)
- Sickle O-Arab (SO)

And no one left empty-handed. Guests received gifts, such as toys, books and other memorabilia. Purple swag bags, which were donated, were also given to all participants.

Minds and hearts were enriched tremendously. The cheerful afternoon festivities achieved the planned goal of teaching attendees more about SCD, the most prevalent genetically inherited blood disease in the world.





## MEET OUR MEMBER

# Sheila Marchbanks

*M.B.A., Certified Sickle Cell Trait Counselor*



**2016 PossAbilities  
Member of the Year**

# You're Invited!

## **SICKLE CELL DISEASE SUPPORT GROUP AND EDUCATIONAL SERIES**

**When:** 2nd Thursday of each month,  
6:30 to 8:30 p.m.

**Where:** Professional Plaza—Building A  
25455 Barton Road, Suite 109A  
Loma Linda, California

**Who:** Anyone who wants to  
learn more about SCD, including  
patients, parents, providers, family,  
friends, students, supporters  
and advocates.

**S**heila Marchbanks looks perfectly healthy. She lives her life with the joy of the Lord and sees each day as a true gift. This attitude toward life started to develop when she was a little girl living with sickle cell disease (SCD), a genetic condition nicknamed the invisible disease.

Generally not discernible on the outside, SCD is felt throughout the body, inside and outside. For instance, for thousands of years in Africa, SCD has been well-described with words meaning “body biting,” “body chewing,” “painful body” and “beaten up.” Marchbanks, like many Sickle Cell Warriors, lives with that physical reality while making a life that is vivacious and victorious!

Sickle cell is a blood disease that is a lifelong inherited condition, which has serious ramifications on many aspects of her life. Marchbanks has overcome many periods of severe pain throughout her body—a hallmark of SCD called a sickle cell crisis. She has also overcome repeated hospitalizations due to the complications of SCD, surgery and physical limitations impacting her ability to carry on with her life. But carry on with a life that focuses on her measure of health, she does!

Today her life is starkly different from her earlier years—living in silence, not knowing anyone else with the disease and coping with the world’s general unknowingness about SCD. She had also struggled with the unpredictability of pain crises and having her health severely affected by stress, physical exertion, fatigue and exposure to weather and environmental factors like air conditioning, common colds and wind, just to name a few. Now Marchbanks wants to do all that she can to contribute to increasing the awareness of SCD for everyone.

As a wife, mother and grandmother, Marchbanks has met the continual medical challenges of her life with the fantastic support of her entire family, great medical care and the comradeship of friends and wonderful people in the adult SCD movement in Southern California and throughout the nation.

As a member of this movement, she has grown from a patient simply attending conferences to an advocate, ambassador and all-in leader serving the SCD community. This calling to serve is deeply felt and an integral part of her life, both essential and gratifying.

Today, as an adult living with SCD, Marchbanks has overcome the odds and beaten the prognosis of a diminished lifespan and looks forward to sharing her message with as many as she can: A positive, powerful and productive life can be lived with or without this inherited condition.

### **WOULD YOU LIKE TO TELL YOUR STORY?**

Email your biography and  
a high-resolution photo  
to [cowilliams@llu.edu](mailto:cowilliams@llu.edu).

# Support Groups

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

### 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 who have gone through similar experiences.

Find new direction, support and hope with mentoring and encouragement from others.

Second Wednesday of March, June, September and 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 Road, Suite 109A

Loma Linda, CA 92354

For questions regarding meeting details, email [redlandsautismparents@gmail.com](mailto: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](mailto:info@brainstorming4us.com) or visit

[www.brainstorming4us.com](http://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-HITS

(800-986-4487), extension 42401.

## LARYNGECTOMY SUPPORT GROUP

Third Sunday of the month, 1 to 2 p.m.

PossAbilities Office

25455 Barton Road, Suite 109A

Loma Linda, CA 92354

For more information, call the Department of Speech Pathology at 909-558-4000, 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 Barton Road, Suite 109A

Loma Linda, CA 92354

Adult group meeting. Adults only.

Dinner will be provided. For information, call 877-LLUMC-4U (877-558-6248).

## STROKE SUPPORT GROUP

Third Tuesday of the month, 5:30 to 6:30 p.m.

PossAbilities Office

25455 Barton Road, Suite 109A

Loma Linda, CA 92354

Led by Dr. Promod Pillai, Department of Neurosurgery. For more information, call Gabriela Segovia at 909-558-6717.



## Possibilities 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.

**Third Wednesday of every month, 12 to 1 p.m.**

PossAbilities Office

Professional Plaza—Building A

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](http://www.amputee-coalition.org)

## **ARTHRITIS**

### **ARTHRITIS FOUNDATION**

800-283-7800

[www.arthritis.org](http://www.arthritis.org)

### **JUVENILE ARTHRITIS ALLIANCE (JA ALLIANCE)**

800-283-7800

[www.kidsgetarthritisoo.org](http://www.kidsgetarthritisoo.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](http://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](http://www.brailleinstitute.org)

### **NATIONAL FEDERATION OF THE BLIND**

410-659-9314

Resources include publications, aids and appliances, conventions, employment and training.

[www.nfb.org](http://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](http://www.biausa.org)

## **CEREBRAL PALSY**

### **UNITED CEREBRAL PALSY**

800-USA-5UCP (800-872-5827)

[national@ucp.org](mailto:national@ucp.org)

[www.ucp.org](http://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](http://www.mda.org)

## **SPINAL CORD INJURY (SCI)**

### **UNITED SPINAL ASSOCIATION**

[www.spinalcord.org](http://www.spinalcord.org)

## **STROKE**

### **STROKE ASSOCIATION OF SOUTHERN CALIFORNIA**

310-575-1699

Free education and tools for patients and caregivers

[www.strokesocal.org](http://www.strokesocal.org)

### **AMERICAN BRAIN TUMOR ASSOCIATION**

800-886-2282

[www.abta.org](http://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.**

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



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.

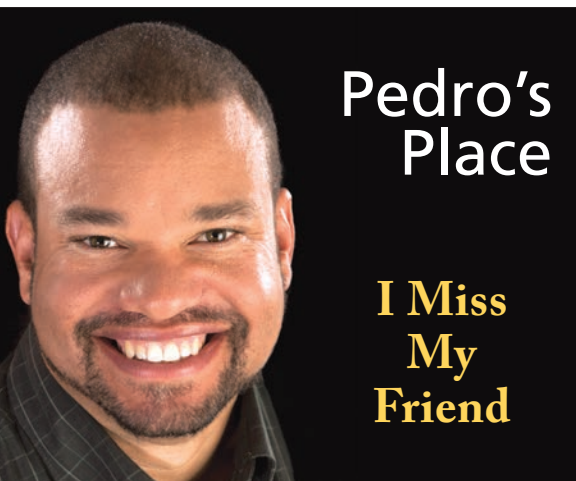
Cotie Williams  
Editor

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## Pedro's Place

### I Miss My Friend

Eric Arrington was my friend—but he was so much more than that. Eric was a role model to me. He embodied what a true friend really is.

Eric was my spiritual leader. He always directed my sights toward Jesus and reminded me that this world and everything in it was temporary. He taught me that life was not about me ... it was about Christ in me!

Eric was a brother. He always made me feel like family. I was welcomed in his home, but more importantly, I was welcomed in his presence.

Eric was my source of humor. I never saw him without a smile on his face. He always looked at the bright side of life, even though life had dealt him a painful dark side sufficient to rob any mere mortal of his joy.

Eric was an ambassador for PossAbilities. No one ever represented our program better than him. We will forever be grateful for his help in spreading the message of hope and renewal to those around us.

Eric was a son of God. If you ever met or knew him, you had a glimpse of what God is like. Thank you, my brother, for blessing me and for reminding me that: "It's not what you go through; it's how you go through it."

# PossAbilities 15th Annual TRIATHLON

Sunday, April 23, 2017



**Online registration  
now open!**

For more event information,  
to pre-register or to sign up  
to volunteer, go to  
**[teampossabilities.org](http://teampossabilities.org)**



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