

PossAbilities & you

www.teampossabilities.org

Summer 2017

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PossAbilities at LLUMC





On Our Cover
PossAbilities member Roberto Arellano and his family.

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**

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 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



Winter Ski Trip in Big Bear Lake

Members of PossAbilities have many opportunities to participate in activities that are free of charge. With a heavy downfall of snow this winter, this year's activity included a ski trip. On February 7, PossAbilities members who were granted scholarships attended the United States Adaptive Recreation Center (USARC) in Big Bear Lake, California. For many of the 10 members, skiing was a new experience. For others, it was a chance to further develop their skills. Participants received a lift ticket and were outfitted with the appropriate adaptive equipment. Skiers were then individually assisted by an instructor during a half- or full-day lesson conducted at a safe, yet challenging, pace. A huge "thank you" to the staff and volunteer instructors at USARC who provided such an amazing experience for our members!



PossAbilities member Kelly Moore and her instructor.

The USARC was founded in 1983 (as California Handicapped Skiers) to ensure that access to skiing is available to people with all types of disabilities. For more information about USARC, go to www.usarc.org or email mail@usarc.org.



Shield Maidens Take

The PossAbilities Shield Maidens played in several tournaments earlier this year, adding to the team's achievements.

Arlington, Texas

In February, the team competed in the University of Texas Wheelchair Basketball Tournament. Here, they took third place. After losses to the Dallas Lady Mavericks and the University of Texas women's Movin' Mavs, the PossAbilities Shield Maidens went on to defeat the University of Arizona women's team.

Tucson, Arizona

In early March, the team matched up against the University of Arizona Wildcats, as well as three men's teams: Tucson Lobos A, Tucson Lobos B and El Paso. Despite the tough competition, the PossAbilities Shield Maidens went undefeated. This was great preparation for the upcoming Wheelchair Basketball National Championship Tournament.



Dallas, Texas

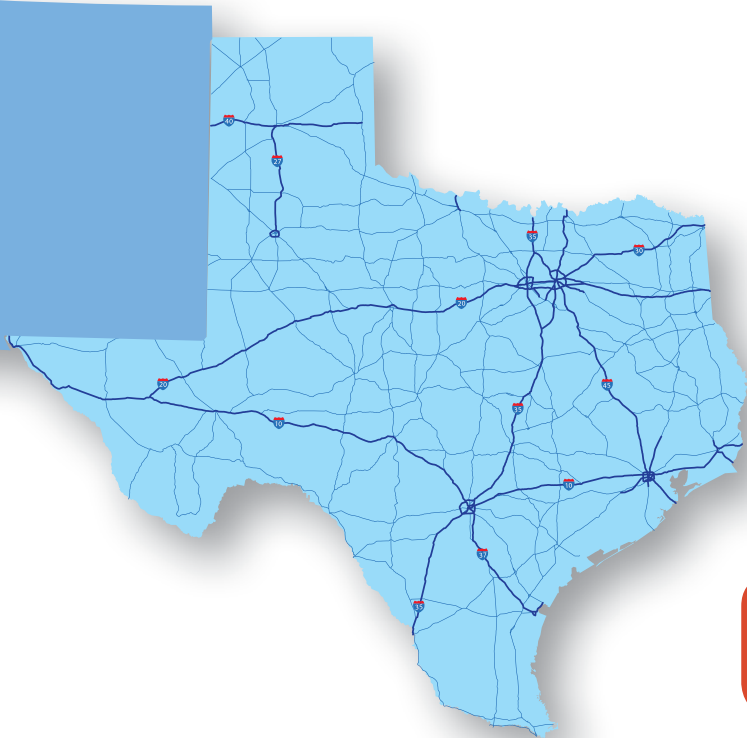
On March 16, the PossAbilities Shield Maidens competed in the women's Wheelchair Basketball National Championship Tournament—bringing home the second-place trophy. On the first day of the tournament, the team went 1 and 1, losing to the Dallas Lady Mavericks by eight points and beating the Utah Rush. The early loss knocked the team out of the winners' bracket.

On day two, the team fought its way back into the championship game by beating Chicago's women's team. On March 19, the Shield Maidens faced off against Dallas again and were up by nine

points at the end of the first half. Dallas went on a run during the second half and ended up winning the game by only four points. In only two years, the Shield Maidens advanced to become the second best team in the league.



to the Road



New Players Welcomed

The team welcomed three new players this year:

- **Jennifer Poist**, a member of the U.S. wheelchair basketball team who won the gold medal in the 2016 Rio Paralympics
- **Tomara Moss**, a public speaker and business woman who learned to play basketball on the streets of Brooklyn
- **Alicia Szutowicz**, a former MMA (mixed martial arts) fighter who took up wheelchair basketball after her left leg was amputated

To find out how you can join the Shield Maidens, call 909-558-6384.



PossAbilities Member Inducted into the NWBA Hall of Fame

On April 1, Alma Rodriguez was inducted into the National Wheelchair Basketball Association (NWBA)

Hall of Fame in Louisville, Kentucky. She started her 37-year wheelchair basketball career in 1980, at the age of 13.

Rodriguez played in three Paralympic Games, in 1992 and 2000 for the U.S. and in 2008 for Mexico. She also helped the Southern California Sunrise win five women's national championships: the NWBA Championship Division (a third-place finish), two USA Gold Cup Teams and two ParaPan Am Games.

The purpose of the NWBA Hall of Fame is to enshrine, in the form of a permanent record, the names of those



Alma Rodriguez, a member of PossAbilities for more than 10 years, was inducted into the NWBA Hall of Fame in April 2017.

individuals who have exerted a distinctive, positive influence of unique dimension on the sport of wheelchair basketball. As a competitor, Rodriguez was chosen by virtue of her unique and singular achievements as a player.

“Alma Rodriguez is a true pioneer for women in the sport of wheelchair basketball and has forged a path for many girls to follow in her footsteps. She was a dominate player winning five National Championships, as well as playing in three Paralympic Games,” says NWBA Executive Director Jim Scherr. “Following her playing days, she served as a coach, giving back to the sport by sharing her skills and knowledge with others. The NWBA is proud to induct Alma into its National Wheelchair Basketball Hall of Fame and congratulates her on that honor.”

To learn more about the NWBA, visit www.nwba.org or call 719-266-4082.





PONY Champions League

by Rick Baptist, Team Coach

The PONY (Protect Our Nation's Youth) Baseball Champions League was created in 2010 to help children with special needs pursue their dreams of playing America's pastime. In our first season, Loma Linda Youth Baseball & Softball had many goals, but our main purpose was to provide an environment that enhances participants' self-esteem and physical mobility, while embodying the spirit of teamwork and community. We believe we made strides toward achieving that goal, and the feedback from participating families was very positive.

Thanks to the sponsorship and support of Loma Linda University Health PossAbilities, 16 players ranging in age from 4 to 23 participated in our league completely free of charge. Each player received a jersey, cap, trophy and basic photo package with his or her registration. If needed, we also provided a helmet and glove.

Players were encouraged to participate in either T-ball or coach pitch based on their level of ability, regardless of their ages. We use the "buddy" system during games to assist players with catching, fielding and throwing. At the end of the season, the team traveled to Moreno

For more information, visit www.teampossabilities.org. Select "Pony Champions League" under the Adaptive Sports tab.

Valley to participate in the PONY Champions World Series with three other local Champions teams.

It was fantastic to see how many children, parents and members of the community volunteered their time to work with the program. Following our Opening Day on March 12, the Champions League started holding games every Sunday afternoon.



EVOLVING as an ARTIST

by PossAbilities
member Andre Swan

My name is Andre Swan. I'm an artist, musician and music producer. I was born and raised in Texas, near the beaches of the Gulf of Mexico, close to Galveston. That's where music, ocean life, chameleons and exotic birds captivated my creative side.

I remember drawing Superman in my grandmother's encyclopedia. My big brother picked up the book and ran to show her the great work I had drawn. My thoughts were, "Oh no, don't show Big Mama!" Sure enough, I was in trouble for writing in the encyclopedia, but the encouragement and confidence my big brother showed led me to continue on developing my artistic skills. I then met my older cousin, who was also named Andre. He was a great



artist, better than anyone I've ever seen, even to this day. I just knew I wanted to be like him. So I watched him and practiced.

Around age 7, we moved to California. Here's where I would learn music and sports such as football, baseball, water polo and track. Best of all, I lived with my cousin Andre, which sealed my destiny as an artist.

Playing sports with asthma wasn't easy and soon music took over. I started playing trumpet in sixth grade. By the time I reached high school, I was swimming in music classes—from marching and jazz bands to electronic music and music appreciation. When I discovered hip-hop, all of my talents sharpened.

I led a dance crew called Steady Rock'n and The Break Masters. I was in movies, like *Beakin' 2: Electric Boogaloo* and *Body Rock*, and the 1984 Olympics. Out of the 250 Olympic dancers, I was one of only four chosen to have a star-shaped stage for head spins. I also received a Bronze Medal Award.

The response from my classmates, family and friends was unbelievable. It was like I'd become a star overnight.

Next, I taught a 50-student dance class for the city's Parks and Recreation Department. This later led to becoming a youth supervisor and coaching football and basketball. A short time later, I had the accident that changed—or should I say strengthened—the course of my life.

While preparing to paint my car, the radio shorted out and caused the battery to die and become very flammable. Not knowing this, I tried to jump-start my car as I had done in the past. The third time I touched it with the cables, the battery blew up. I was covered in battery acid and permanently blinded in my right eye.

For a while, I went into quietness and wore glasses to hide my eye. I spent a lot of time redirecting my goals. Eventually, I got back into being a mobile DJ and making music and art, while taking real estate classes at the local college. I went back to school for music and video production.

Then I restarted my goal to become an artist. It was frustrating because all of the images leaned to one side due to my blindness. After a lot of prayer, I began to teach myself methods to see as if I had two eyes. After a few years and drawing a lot of portraits, I'm now at a point where I like to share knowledge with anyone interested in art or music. My teaching methods may not be conventional, but they're effective.

My next goals are to write a book, stabilize my record label and finish my real estate education. I also plan to expand my School of Performing Arts so that I can give back and share what has kept me going.

WOULD YOU LIKE TO TELL YOUR STORY?

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



Original works of art by PossAbilities member Andre Swan.

Support Groups

AUTISM PARENTS SUPPORT GROUP

Third Thursday of the month, 6 to 7:30 p.m.
Loma Linda University Health PossAbilities
Professional Plaza—Building A
25455 Barton Road, 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.

Angeles Especiales

A Spanish-speaking support group for
parents of children with special needs.
**Second Wednesday of the month,
9 to 11:30 a.m.**
St. Joseph Catholic Church
17080 Arrow Blvd.
Fontana, CA 92335

NEW!

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 and their family
members welcome. Call **800-986-HITS**
(**800-986-4487**), extension 42401.

LARYNGECTOMEE SUPPORT GROUP

Third Sunday of the month, 1 to 2 p.m.
PossAbilities Office
Professional Plaza—Building A
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. 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
Professional Plaza—Building A
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**.



PossAbilities Monthly Mixer

Are you new to PossAbilities?

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

ARTHRITIS

ARTHRITIS FOUNDATION

800-283-7800

www.arthritis.org

JUVENILE ARTHRITIS ALLIANCE (JA ALLIANCE)

800-283-7800

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

BLINDNESS SUPPORT SERVICES

951-341-9244

Information, referrals, housing support, counseling, Braille tape transcription, speakers bureau, transportation assistance and prevocational training

BRAILLE INSTITUTE

714-821-5000

www.brailleinstitute.org

NATIONAL FEDERATION OF THE BLIND

410-659-9314

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

www.nfb.org

BRAIN INJURY

BRAIN INJURY ASSOCIATION OF AMERICA, NATIONAL BRAIN INJURY INFORMATION CENTER

800-444-6443

Creating a better future through brain injury prevention, research, education and advocacy

www.biausa.org

CEREBRAL PALSY

UNITED CEREBRAL PALSY

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

national@ucp.org

www.ucp.org

MULTIPLE SCLEROSIS

NATIONAL MULTIPLE SCLEROSIS SOCIETY/SOUTHERN CALIFORNIA CHAPTER

800-FIGHT-MS (800-344-4867)

MUSCULAR DYSTROPHY

MUSCULAR DYSTROPHY ASSOCIATION

800-572-1717

www.mda.org

SPINAL CORD INJURY (SCI)

UNITED SPINAL ASSOCIATION

www.spinalcord.org

STROKE

STROKE ASSOCIATION OF SOUTHERN CALIFORNIA

310-575-1699

Free education and tools for patients and caregivers

www.strokesocal.org

AMERICAN BRAIN TUMOR ASSOCIATION

800-886-2282

www.abta.org



Learn more about featured PossAbilities members and becoming a member or volunteer. Just snap a photo of this icon with your smartphone.

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



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Cotie Williams
Editor

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Pedro's Place A Better Place



I've been thinking a lot lately about what would make this world a better place. When I wrote down my wishes, the list was too long. After some severe editing, I managed to reduce it down to five things I would definitely wish for. Here is my list:

1. I wish everyone would know that Jesus loves us even when others don't.
2. I wish we would love each other and build up one another more frequently.
3. I wish we would spend less time talking about the things Jesus did and more time doing the things He did.
4. I wish people would pray more.
5. I wish more people would realize that our current sufferings, although painful, will not last forever.

Then I saw "a new heaven and a new earth," for the first heaven and the first earth had passed away, and ... "There will be no more death or mourning or crying or pain, for the old order of things has passed away." He who was seated on the throne said, "I am making everything new!" Then he said, "Write this down, for these words are trustworthy and true." Revelation 21:1–5

So, there you have it. That's my wish list. What's on your list?

SUMMER PICNIC

FOR POSSABILITIES FAMILIES ONLY

Face painting | Bounce house | Fun & Games

Lunch & drinks will be provided. Please bring your own seating. Limit 6 per family.

Sunday, August 6th
11 a.m. – 2 p.m.

Registration is required.
Go to teampossabilities.org/summer-picnic.
For more information call (909) 558-6384.

**LOMA LINDA UNIVERSITY
HEALTH**

PossAbilities

LLUHMKTG@MS-149-17/0517/100

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call 909-558-6384 or email cowilliams@llu.edu.