

# PossAbilities & you

Fall 2015

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

## PossAbilities and Redlands Bicycle Classic Host 2015 Para-Cycling Race Series

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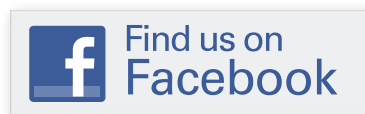
## Record-Breaking PossAbilities Triathlon

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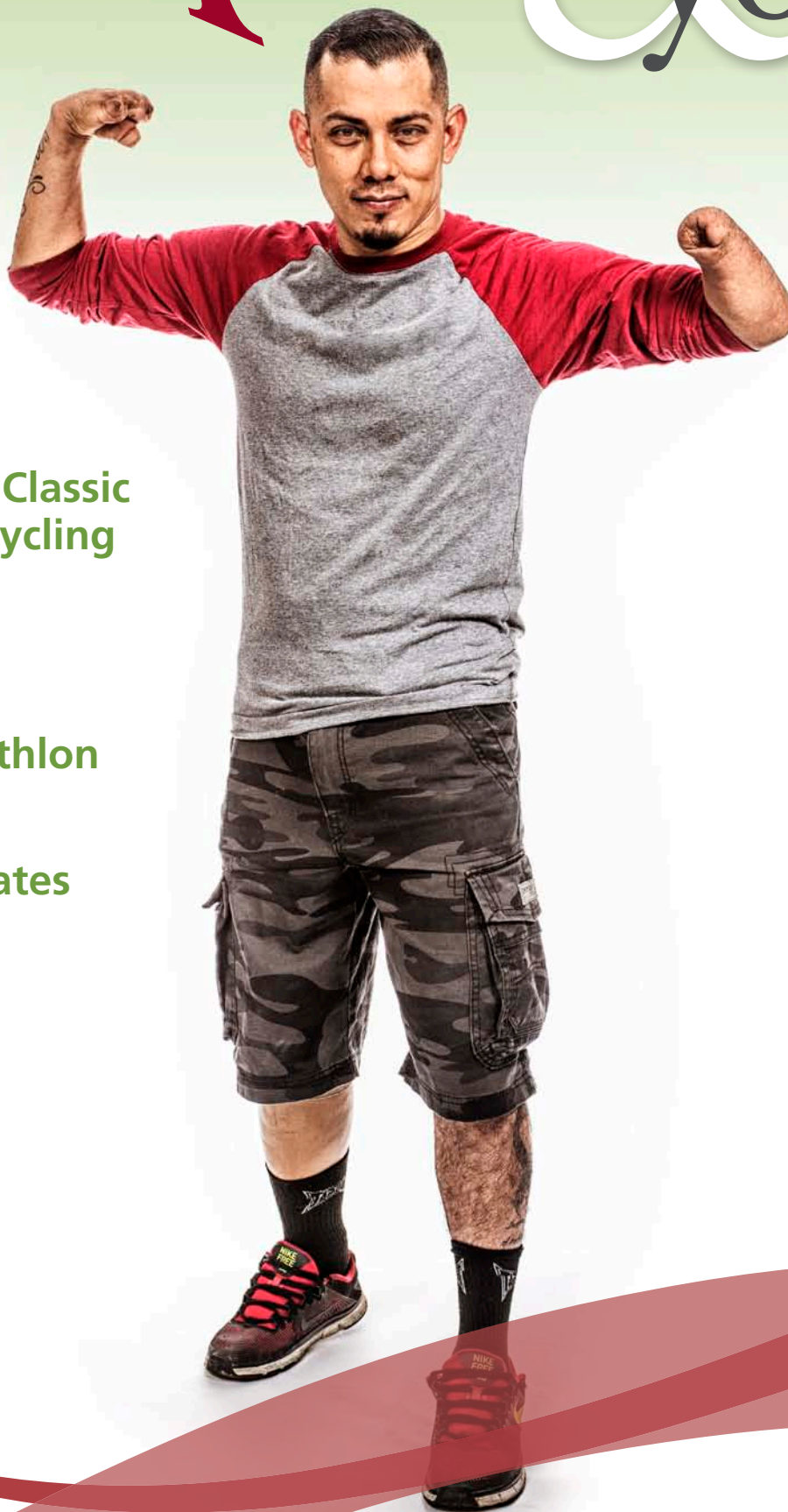
## Road to Rio Updates

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PossAbilities at LLUMC





#### *On Our Cover*

Zimri Solis, member, peer visitor and ambassador

## Benefits of Membership:

- Social, recreational and community activities
- Peer mentoring
- Educational learning
- Adaptive and wheelchair sports
- Support groups
- Competitive team activities
- Women's, youth and family activities
- Holiday parties
- Grant and scholarship program
- *PossAbilities & You* newsletter
- Discount prescription program
- Discount to on-campus cafeterias
- Discount to the Drayson Center  
Call 909-558-4975.

# About **PossAbilities**

**P**ossAbilities is a community outreach program of Loma Linda University Health East Campus. Membership to 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.*



# MEET OUR MEMBER: Zimri Solis

M

y name is Zimri Solis. I was born on December 31, 1982, in Ocotlán in Jalisco, Mexico. I was diagnosed with meningococcal meningitis at age 10. My parents were not familiar with the symptoms I was

having and panicked. They decided to take me to Claremont Hospital. I was there for a couple of hours before the doctors realized my condition was much more serious than they thought. My parents noticed a helicopter was landing to pick someone up. Little did they know that the helicopter was there for me.

I was airlifted to Loma Linda University Medical Center. When we landed, I was pronounced dead; I had no vital signs. Everyone was praying for me, and at some point my vitals came back.

The doctors explained to my parents that they had to amputate to stop the virus from spreading. At this point, my parents didn't know what to decide—should the doctors amputate or not? The doctors went ahead with the surgery to complete the amputations, and I was kept in a coma for four months.

Waking up from my coma was like being reborn. I had to learn how to walk and use my limbs all over again. After being discharged, I started my rehabilitation process. In rehab, I met Murray Brandstater, M.D., who helped me through all my rehabilitation and surgeries. I also met Carlo Lira and Michael Davidson, who started to fit me for my prosthetics. I adjusted well to the prosthetics and had a fast-paced recuperation.

Today I work for Wal-Mart logistics. I am a forklift operator for the receiving department, and I have adapted well at work. I'm in the process of going back to school and getting my associate's degree in radiology. I follow up with Mike Davidson about new projects and ideas for prosthetics. I'm part of the PossAbilities program and a peer visitor to other patients who are currently in the hospital with recent limb loss or other illness or injury. I like to find ways to give back and get satisfaction from helping others with the same disabilities.



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

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





# 2015 Redlands Bicycle Classic



## PossAbilities Para-Cycling Race

**T**he Redlands Bicycle Classic is the longest continuous running stage race in American bike racing. Beginning in 1985, the Redlands Classic has hosted future stars for the Olympics, Tour de France and many world champions. It has earned its position in history as a place “Where Legends Are Born.”

In 2008, Loma Linda University Health PossAbilities began a partnership with the race directors, who agreed to add three days of handcycling races. Since then, the race has grown beyond handcycling and now welcomes all paracycling race categories recognized by the U.S. Olympic Committee, as well as recumbent cycling, for a full four days of racing. The stages include a time trial, circuit road race and two criteriums—a type of race that occurs on a public road closed to normal traffic.

### Race Details

This year, the race played host to a number of already well-known, accomplished Paralympic racers. Several members of Team USA participated, including Jill Walsh, Steven Peace and Carlos Moleda. David Randall, a U.S. National H3 Time Trial champion, also competed in the events. Two international guests—Mark Rohan, a two-time Paralympic H1 world champion from Dublin, Ireland, and Andres Biga, from Buenos Aires, Argentina—took part as well.

The 2015 race kicked off with a time trial in Big Bear. The race consisted of a long 7.75-mile course for classes B, C and T and a short 4.3-mile course for class H and recumbent. The second stage took place at a new location this year—Yucaipa. This 24-mile road race started near Oak Glen Road and Bryant Street and wound through residential neighborhoods and commercial areas at the upper end of Yucaipa. With over 1,200 feet of road hill climbing, this course didn't disappoint when it came to technical challenges.





A total of 54 athletes (including 15 veterans) from 3 different countries participated in the 2015 Redlands Bicycle Classic PossAbilities Para-Cycling Race Series.



# Series

## Community Celebrates the Athletes

Each year, the city of Redlands and surrounding communities open their homes and pour into the streets to cheer on the world-class athletes the race draws each year. The final two days of racing in the short and long distance criteriums for the paracyclists are always a crowd-pleaser. The speed and technical difficulty of the criteriums only allow for classes H and recumbent to participate.

In addition to world class competition, this race promotes a healthy lifestyle while creating awareness and advocacy for challenged athletes. We thank the 54 athletes that came from around the world to participate in the race.

We also extend a special thanks to the Incight organization for hosting the public paracycling clinic that made many different adaptive bikes available to the public. Incight is a local nonprofit organization in the Coachella Valley that supports and empowers key life aspects of education, employment and independence for people with disabilities.

## 2015 Omnium Results

### MH2

1. Mark Rohan
2. Del Dunston
3. Gerald Cuzick

### MH3

1. David Randall
2. John Kirsch
3. Craig Cornwall

### MH4

1. Carlos Moleda
2. Owen Daniels
3. Ryan Pinney

### WH1-4

1. Thea Rosa

### Recumbent

1. Matthew Rodriguez
2. Adam Allen
3. Bruce Kuker

### MT1/2

1. Steven Peace
2. David Abramo

### WT1/2

1. Jill Walsh

### MC1-3

1. Nicholas Gleissner
2. Jason Mlot

More than \$2,500 was provided to veterans to assist in travel expenses to come to this race, along with over \$7,500 provided in prizes to the top race finishers.





#### RECORD-SHATTERING NUMBERS!

1,150 total registered athletes  
87 challenged athletes  
1,500 spectators  
35 vendors and exhibitors

# Record-Breaking PossAbilities

## 13<sup>th</sup> Annual PossAbilities Triathlon

**F**or 13 years, the Loma Linda University Health PossAbilities Triathlon, 5K Run/Walk/Roll and Kid's Triathlon has brought people with disabilities, their families and community members together for one event. Whether you run, walk or roll, everyone races together. This year, there was record-breaking participation. This event provides our community with an opportunity to bring the family for a day of racing and other activities like face painting, listening to music, using a climbing wall and visiting vendors that provide resources to our community. Title sponsor Quest Diagnostics was present for their inaugural welcome to the event. It is because of Quest Diagnostics that PossAbilities is able to promote healthy living and wellness at this event.

### WINNERS

#### Challenged athlete 5K winners—Male

Day chair—Erick Castillo  
Power chair—Joshua Dotson  
Handcycle—Luis Ovando  
Race chair—David Wyatt  
Other—James Bernardez

#### Challenged athlete 5K winners—Female

Amputee—Shanina Rice  
Day chair—Jaclyn Cimino  
Power chair—Stacy Hull  
Other—Rajani Lim

#### 5K overall winners—Male

Alex Miller (age 12)—18:46  
John Alvarez (age 17)—19:16  
Kurtis Martin (age 45)—19:30

#### 5K overall winners—Female

Wendy Heatherington (age 42)—22:44  
Trish Morey (age 49)—23:32  
Camillia Brieno (age 26)—23:40

### Challenged athlete triathlon winners—Male

TRI 1—Steve Hoffman

TRI 2—Andre Barbieri

TRI 3—Greg Tyler

TRI 4—Tony Troccoli

TRI 5—Esau Garcia

TRI Other—Spenser Lim

### Challenged athlete triathlon winners—Female

TRI 1—Courtney Ryan

TRI 2—Molly Bloom

TRI 3—Natalie Little

TRI 5—Denise Rozporka

TRI Other—Bernadine Irwin

### Triathlon overall winners—Male

Gage Hale (age 20)—53:26

Lucas Korcek (age 29)—54:16

Matt Underwood (age 48)—54:39

### Triathlon overall winners—Female

Julie Ertel (age 42)—55:20—member of Team USA

Shaneis Malouff (age 24)—59:20

Sinta Troccoli (age 40)—60:02

### Triathlon relay winners

1st—Nicole Longfellow and Hunter Wilson

2nd—James and Sarah Perfect

3rd—Kurt Griffis and Drew Miracle

### Top Fundraisers

1st: Bob Schumacher—\$1,275

2nd: Arvin Tanag—\$1,120

3rd: Cotie Williams—\$690

4th: Kim Skousen—\$635

5th: Joshua Dotson—\$100

### SPONSORS

#### Title sponsor—



A special thanks to Molina Healthcare and the Girl Scouts for sponsoring the food provided to our participants.



### Club PossAbilities Prom at Colton High School

## Club PossAbilities Goes to the Prom at Colton and Citrus Valley High Schools

by Angela Reynolds, CHS Physical Education Teacher and PossAbilities Advisor

When my daughter was born with one arm, I remember taking her to her first checkup and not being able to talk because I was overwhelmed with emotion. I could tell the doctor and nurse were sensitive to my feelings and did not ask me what was behind my tears. I could only suspect they were thinking I was sad because I had a child who was born with a disability. But that was far from the truth! I was angry at the world because the world would not see her as perfect, like I did.

This experience was really the seed that started the PossAbilities Severely Handicapped (SH) Prom at Colton High School (CHS). Weekly, CHS SH classes and our general education (GE) students play together in physical education class, where barriers break and relationships build. SH students ask a GE student of their choice to be their date at the prom, which is held on campus. Parents are allowed to come for the first hour to get pictures of their children entering the limousine with their date. The limo travels around the school and then drops couples off to walk the red carpet and be formally announced before they enter the beautifully decorated room. The GE students provide entertainment between limo deliveries. The catered meal is also professionally served by more GE students.

It is not unusual to see tears from parents. They beam with a combination of joy and relief to see that their children are happy and comfortable in this setting and that the GE students are happy and honored to be with their children. This is what PossAbilities is all about.

Deep appreciation and thanks to PossAbilities for your prom sponsorship since 2009!

**Prom King—Alex Garcia**

**Prom Queen—Yovanna Lozano**

**Best Dancers—Juan Cardenas and Kevin Gurrola**





## Road to Rio Athlete Update

TO READ OUR ATHLETE BLOGS GO TO [WWW.TEAMPOSSABILITIES.ORG/ROAD-TO-RIO-ATHLETES-BLOG](http://WWW.TEAMPOSSABILITIES.ORG/ROAD-TO-RIO-ATHLETES-BLOG).

# Crouse Makes World Cup Team

Loma Linda University Health PossAbilities member Greg Crouse competed in Germany for the 2015 inaugural Paracanoe World Cup games from May 20 to 24, along with three other Team USA members.

"I was extremely elated and proud to make this World Cup team," says Crouse, who was on the Paracanoe World Championship teams in 2010, 2012 and 2013. Crouse learned that he had made the team immediately following the World Cup time trials in Oklahoma City on April 25.

Although Crouse, 46, has been on Team USA Paracanoe World Championship teams in the past, he had to requalify every year. "As I've



Greg Crouse

*"It was a lot more flexible in the past," he confesses, "but the closer we get to the Paralympics, everything gets a little more challenging with time standards and criteria."*

gotten older, I've had to rely on technique and experience rather than just strength," Crouse admits. This year, in preparation for the April time trials, Crouse hired a new coach, Dave Kreuger, in February. Crouse will continue to train with Kreuger through the end of the year in preparation for the United States National Championship and the World Paracanoe Championship.

Crouse has been on the "Road to Rio" in an effort to make it to the 2016 Paralympics in Rio de Janeiro. All his training and competitions are in preparation for the 2016 time trials for the Paralympics next year, Crouse says. And things are not getting any easier.

In order to keep the momentum toward Rio de Janeiro, he must compete in the World Cup and the World

Championships this year as well as next year.

"We are proud of Greg on making the USA World Cup team," says Pedro Payne, PossAbilities director. "He is a great ambassador of our program and is an inspiration to us all."

An Army veteran, Crouse lost his left leg while serving overseas in 1988. He has been a part of PossAbilities since 2008, and he attributes much of his success to the organization. "I'm honored to be a part of PossAbilities. Thank you for making my dreams a reality," he says.



# On the Road to Rio with Team PossAbilities

by Greg Crouse

I am always pleased to share my Paralympic journey, supported by the generosity of PossAbilities. It is through their support I continue working toward my goal of competing at the 2016 Rio de Janeiro Paralympic Games. When I am convinced there cannot be any more magnificent opportunities or first-time adventures, life creates a new special moment.

First, it was an honor to be offered the chance to compete at the Oklahoma Paracanoe time trials. But to win a position to the Inaugural Paracanoe World Cup in Duisburg, Germany and become the first to represent Team USA at the World Cup is every athlete's dream. I relish these challenges and the chance to put my training and hard work to use. There is only one slot available on Team USA in my discipline category—V1 rudderless canoe—and I welcome the chance to earn or defend my position on the team.

As for my race in Duisburg, even though it was not a podium or medal finish, it was a success in the world standings. I finished sixth in the final heat, and kept the U.S. in contention for a Paralympic Games slot. In addition, I had the opportunity to meet new and returning athletes from other countries. We swapped training stories, tried one another's paddles and sought a "peek" at how other teams set up their boats. This is gamesmanship at its best.

As the international competition stiffens and the criteria become more stringent, it is important to stay focused on my last few world events. I continue to train for the upcoming World Championship and next year's World Cup, along with any other opportunity that presents itself on my Road to Rio.

Thank you to all my supporters, fellow athletes, coaches, Team PossAbilities members and especially Cotie, Lauren and Pedro for supporting my racing aspirations.

## Delmon Dunston and Mike Reardon

by Pedro Payne

This year, the U.S. National Paracycling Championships were held in Chattanooga, Tennessee, from May 20 to 25. PossAbilities sponsored two handcyclists, Del Dunston—who is classified as an H2—and Mike Reardon—classified as an H3. Both athletes performed well at the event. Del even took five minutes off his previous time trial personal record. Unfortunately, he had a mishap on the last lap of the road race and crashed at the bottom of a descent. The good news is that he was not seriously injured. In fact, Del is back on his handcycle as he continues on his Road to Rio journey.

Due to his crash, Del was unable to compete in the criterium race on the last day of the event. However, Mike competed in the race and performed well. We are proud of the efforts of both these athletes and will continue to support and encourage them in their cycling careers. Well done, Del and Mike!



Delmon Dunston (left) and Mike Reardon

# Support Groups

## **AMPUTEE CONNECTION**

For program information or to request a visit from one of our volunteers, call Bill Nessel at **909-423-0562**.  
[www.theamputeeconnection.org](http://www.theamputeeconnection.org)

## **REDLANDS SUPPORT GROUP**

Third Sunday of the month, 2 to 4 p.m.  
Stan & Ellen Weisser Education Pavilion  
Redlands Community Hospital  
350 Terracina Blvd.  
Redlands, CA 92373

## **CORONA/RIVERSIDE SUPPORT GROUP**

Spanish/English Group  
Call Luis at **213-700-0970**.

## **CLINIC FOR PATIENTS WITH AMPUTATIONS**

Loma Linda University Medical Center East Campus  
Orthotics and Prosthetics Department  
Ambulatory Services Building—North Entrance  
11406 Loma Linda Drive, Room 407  
Loma Linda, CA 92354  
An appointment is required.  
Please call **909-558-6272**.

## **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, ext. 43909**.

## **AUTISM PARENTS SUPPORT GROUP**

**NEW!**

Third Thursday of the month, 6 to 7:30 p.m.  
Loma Linda University  
Suite 109A Medical Center East Campus  
Tom & Vi Zapara Rehabilitation Pavilion  
25333 Barton Road, 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).

## **THE LIMB CONNECTION (TLC)**

Family support group for children with limb loss. For more information, please contact Bill Nessel at **909-423-0562** or Joan Le at [TLCfamilies@gmail.com](mailto:TLCfamilies@gmail.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)**, ext. 42401.

## **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)**.

## **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 Dr., Suite 109A  
Loma Linda, CA 92354  
Family is welcome. For more information, call Dennis at **909-890-1527** or email [Kaney-D@iehpa.org](mailto:Kaney-D@iehpa.org).

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





# 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.**



*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

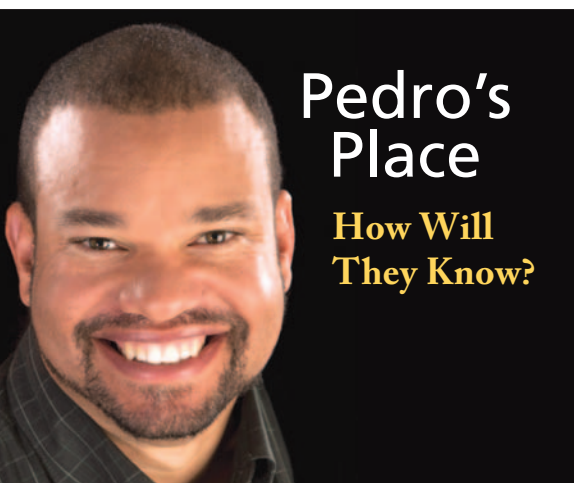
Lauren  
Burke-Hodge  
Co-Editor

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## Pedro's Place

### How Will They Know?

Are you a good friend? Do you consider yourself to be good friend material? If so, how will others know? Maybe the following questions can help.

**Q.** How will people know you are a friend who cares?

**A.** When you make an effort to spend time with them.

**Q.** How will they know they can talk with you?

**A.** When you take time to listen—without interrupting them.

**Q.** How will they know you can be trusted?

**A.** When you keep your promises.

**Q.** How will they know you are sincere?

**A.** When you follow up with them on issues they have shared with you.

**Q.** How will they know you are a loyal friend?

**A.** When you stop talking about them behind their back.

**Q.** How will they know you love them?

**A.** When they see Jesus in you!



## LOMA LINDA UNIVERSITY HEALTH

PossAbilities 



*12th Annual  
Celebration  
Dinner*

**SAVE THE DATE**

5:00 - 6:00 p.m.  
Social Hour & Photo Booth

6:00 - 8:30 p.m.  
Dinner Program

8:30 - 9:00 p.m.  
Visiting Reception

DECEMBER

# 6

National Orange Show  
Events Center  
Orange Pavillion  
Gate 9 Entrance  
690 S. Arrowhead Ave  
San Bernardino, CA 92408

**FREE** to members of PossAbilities.

To **RSVP** go to [teampossabilities.org/celebration-dinner-2015](http://teampossabilities.org/celebration-dinner-2015)

LLUMCMKTG#POSS-078-15/0715/1

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