



LOMA LINDA  
UNIVERSITY  
HEALTH

# PossAbilities & you

Fall 2017

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

## Able Artists

PAGE 4

## Summer Highlights

PAGE 5

## "I Am Hallway"

PAGE 8



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PossAbilities at LLUMC



**Resource  
Guide Inside!**  
See page 11.



**On Our Cover**  
**PossAbilities member**  
**Monique Bennett.**

## 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 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







# Team PossAbilities medals at the Para-Cycling National Championships

by Pedro Payne, PhD

**T**eam PossAbilities was well represented at this year's US National Paracycling Championships in Grand Junction, CO. We had five paracyclists competing in the Individual Time Trial, Road Race, and Downtown Criteriums. Our team was comprised of Chris Sproule from Las Vegas, NV; Brett Richards from Redlands, CA.; Delmon Dunston from Riverside, CA.; Jenna Rollman from Rancho Cucamonga, CA.; and Ryen Reed from Riverside, CA.

In the Individual Time Trial H2 Men Delmon Dunston captured 4th place with Brett Richards and Chris Sproule capturing 8th and 9th place respectively in the men's H3 classification. Ryen Reed captured the Silver Medal for the women's C2

classification. Finally, Jenna Rollman secured a Silver Medal in the women's H3 group.

It was unseasonably cold this year in Grand Junction. In fact, our racers experienced hail and sleet while competing in the Individual Time Trial. The weather was much improved by the time the road race got underway. For the road race Chris and Brett exchanged positions with 8th and 9th place respectively while Delmon Dunston captured the Bronze Medal. Jenna Rollman and Ryen Reed captured the Silver Medal in their respective races!

For the Downtown Criteriums Chris and Brett finished 7th and 8th respectively while Delmon Dunston captured the Bronze Medal in his class. Both Jenna Rollman and Ryen Reed secured a Silver Medal in front of the enthusiastic downtown audience. Overall,

it was a good showing for our team. Thank you to all of you who support our Paralympic athletes and rest assured that we'll be back again next year!

CRITERIUM	
Silver - WC2	Ryen Reed
Silver - WH3	Jenna Rollman
Bronze - MH2	Delmon Dunston
TIME TRIAL	
Silver - WC2	Ryen Reed
Silver - WH3	Jenna Rollman
ROAD RACE	
Silver - WC2	Ryen Reed
Silver - WH3	Jenna Rollman
Bronze - MH2	Delmon Dunston



# Able Artists

In June, members of PossAbilities were able to attend a Night of Art with instructor Jesse Hunt, a Recreation Therapist at Loma Linda University East Campus.

Jesse loves incorporating the arts to help bless his patients and members of PossAbilities. As a recreation therapist, he tries to repurpose materials to create art, all while learning how to learn new things. During the class, the attendees learned how to create art from recycled Styrofoam by turning it into a printing plate. Creating the art was only one component of the fun. Each artist was able to enjoy the company of other creative folks and dive into the project together.

## If you would like to try this out at home, follow the instructions below:

**1** Find a sheet of Styrofoam. Many times it can be found in shipping boxes. You can also purchase a foam poster board and remove the cover paper.

**2** Use a ball point pen to draw a pattern or design on the foam. If you choose to do words, they must be written backwards. Make sure these pen lines are pushed in enough to feel a bump or divot in the foam. It's best to have heavy lines.

**3** Use a soft sponge and acrylic paint to dab a thin coat of paint over the Styrofoam drawing.

**4** While it is still wet, place it face down on a clean piece of paper and rub the back.

**5** Separate the Styrofoam plate from the paper by pulling one corner, and ta-da! You have a piece of original art. Don't forget to sign it and bask in your creative ability.



**PossAbilities member  
Elizabeth Roth**



# SUMMER HIGHLIGHTS

**T**he social event of the summer was the 2nd Annual PossAbilities Summer Picnic, held at Sylvan Park in Redlands. Bounce houses and games, music, food, and face painting – a little bit of fun was to be had by every one of the families that attended the event. There was socializing and chatting, meeting new people, and reconnecting with old friends. What a joyful day!

**Annual Summer Picnic**



**T**he annual Kid's Pool Party brings together child members of PossAbilities and their families for a day of water play and relaxation. With record high temperatures this summer, it was fantastic to cool off in the pool together and enjoy some time to rest and relax.

**Annual Kid's Pool Party**





# PossAbilities Para-Cycling Race Series in Redlands

The 33rd Annual Redlands Bicycle Classic in Redlands in early April boasted the renowned PossAbilities Para-cycle Race Series. Forty two athletes participated in four stages of racing to include a road race in Yucaipa, a time trial in Highland, and two criteriums in downtown Redlands. Over \$10,000 was paid in prize payouts and travel stipends.

A huge thank you to Paralyzed Veterans Racing for bringing the largest team to the race this year!



**Time Trial H3 podium. Pictured left to right: Christopher Sproule, Brett Richards, and Brandon Lyons.**

## 2017 Omnium results:

Classification	Place	Name
MC3	1	Nick Gleissner
MC4	1	Steve Kelly
MC4	2	Christ Rassmussen
MH1	1	Nate Gratz
MH2	1	Jerry Cuzick
MH2	2	Delmon Dunston*
MH2	3	Aaron Roux
MH3	1	Brett Richards*
MH3	2	Chris Sproule*
MH3	3	Ricardo Rincon Gallardo
MH4	1	Jerry Young
MH4	2	Edwin Quiros Ortiz
MH4	3	Ronnie Jimenez

Classification	Place	Name
MH5	1	Solomon Revils
MT2	1	Randy Hogue
MT2	2	Steven Peace
MT2	3	David McGrinn
MT2	3	Emanuel Herrera
WH3	1	Jenna Rollman*
WT2	1	Ellie Kennedy
Recumbent	1	Matthew Rodriguez
Recumbent	2	Bruce Kuker
Recumbent	3	Jesse Ramos*

\* Team PossAbilities



# 15th Annual Community Event

by Jordan The, Kid's Triathlon Race Director



**T**he PossAbilities triathlon is a life-changing event! From the first time I volunteered in April of 2013, until now, the PossAbilities triathlon has continued to give me opportunities to volunteer and be a part of this truly special event.

What makes it so unique is that it brings an entire community together while meshing the worlds of challenged athletes and able-bodied athletes, allowing us all to be inspired. People from all walks of life come out to this event, making it so incredibly unique and special.

What makes this PossAbilities event stand apart from others is that there is something for everyone to take part in.

We have racers younger than 4 years old doing their very own triathlon, youth running clubs, professional athletes, paralympians, and amputees who perform the entire run with a pair of crutches. Just absolutely inspiring!

PossAbilities is ALL about giving back, so the fact that it relies on the community to give back in the form of volunteers I think connects the event to Loma Linda and the Inland Empire that much more. I have not missed an opportunity to volunteer at this event since arriving here in 2013, and I don't plan on missing it anytime soon!

Whether you want to race, cheer, volunteer or just come out to the bounce house, PossAbilities looks forward to seeing you at the triathlon next year!



**Jordan The,**  
PossAbilities  
support  
member

Online registration for the 2018 PossAbilities triathlon will go live 1/1/18. Go to [active.com](https://www.active.com) and search PossAbilities to register.





# PossAbilities members grace the “I Am Hallway”

The “I Am Hallway” features the stories of patients and employees with the goal of providing hope and encouragement to others. In 2017, 65 photographs were taken, with 17 of those being children’s hospital patients, 29 being employees (many with patient stories) and 19 patients. Seven stories will be displayed in the Loma Linda University Health (LLUH) East Campus Hospital, three in LLUH Surgical Hospital, and 65 others in other locations throughout the medical center and children’s hospital. We are honored that two members of PossAbilities were chosen to be a part of the I Am project.



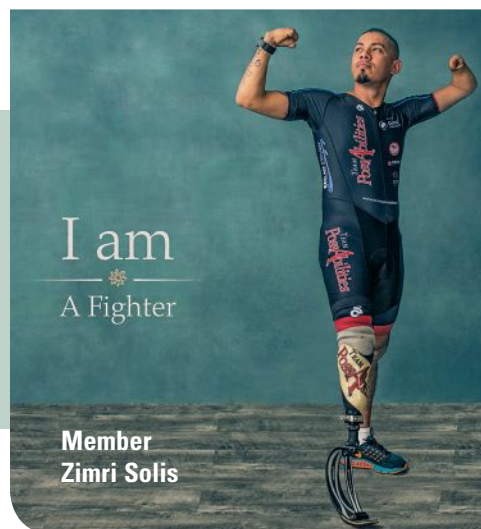
## PAM ROBINSON

Pam’s life changed forever when she was diagnosed with multiple sclerosis in 2004. The news was delivered to her by a neurology resident in the emergency department at Loma Linda University Medical Center. Although she suspected something was wrong, it was difficult news to absorb. The diagnosis, however, helped her make sense of the many symptoms she had been experiencing for nearly a year.

Once she had a diagnosis, she realized she needed to find a way to keep herself motivated. It was easy to focus on herself and the symptoms she was experiencing. This only led to depression and discouragement.

Pam was working in health care at the time she was diagnosed, but started having cognitive symptoms which led her to quit a few years later. During that time, she felt the need to find something positive to do with her life, so she joined the PossAbilities program in 2005. She regularly participates in yoga, swimming, stretching and has even done adaptive skiing.

Through it all, she has been brave. She has learned to depend on family, faith and friends for emotional and physical support. She has decided that rather than focusing on what she cannot do, she will celebrate her capabilities and blessings.



## ZIMRI SOLIS

Zimri was ten years old in 1991 when he began his fight. Diagnosed with meningitis, he became extremely ill and was admitted to a local hospital. When his condition worsened, he was airlifted to Loma Linda University Children’s Hospital. As the helicopter was landing, Zimri’s heart and lungs gave up entirely. The team frantically worked to save his life. While he lay in a coma for five months, the doctors continued to fight for him. His body was attacked by flesh-eating bacteria, resulting in the loss of both hands and one of his legs. When he finally woke up, he was devastated to realize what he faced.

Rehabilitation became Zimri’s primary task for the next three years. He was determined to thrive, not just survive. And he knew that would require a lot of hard work.

Several years ago, Zimri’s prosthetist encouraged him to join the PossAbilities team. He became a peer visitor, talking with other patients who were facing challenges. In 2014, the team coaches asked if he would like to participate in a triathlon. He tried out a running blade for the first time and discovered he was gifted. The PossAbilities team saw that as well and offered him a sponsorship; he now competes almost monthly. His success as an athlete, a father and a machine operator are evidence that he is a fighter.



# MEET OUR MEMBER – Chris Sproule

by Chris Sproule, Team PossAbilities Paracyclist

In 2003, I was a Firefighter working for Las Vegas Fire & Rescue at one of the busiest fire stations in the country. On May 23, 2003, I was paralyzed in an accident. Not long after my accident an organization that helps address mobility issues for those with physical challenges provided me with a handcycle. That handcycle sat staring at me for years, only brought out for the occasional recreational ride, until I decided that both the handcycle and I could sit no longer.

As I worked my way steadily from recovery to rehabilitation, and re-entry into family, friends, work and school, I began to see handcycling as a way to regain my independence, my identity as the lifelong athlete that I had been and, perhaps, to serve as an inspiration for others to move ahead and beyond the challenges that life can throw at you.

Three years ago, I passed that original handcycle on to another young man,

hoping it would serve as encouragement to move forward as it did for me. I would like to continue that message, setting in place the opportunity to endure, excel, and to exceed, by earning the right to be a Paralympic contender. Fourteen years and thousands of miles later, I am a competitive handcyclist trying to earn a place on the United States National Team and compete in the 2020 Paralympic Games in Japan.

One of the most humbling things I have learned is that Olympians don't get to the Olympics on their own. They have the support of family, friends, coaches, team members, their employers, and countless other people they may have never even met before. The support, ranging from words of encouragement from complete strangers to family and friends traveling with me around the country as my "pit crew", has been incredible. I can't even begin to express how appreciative I am.

I started competing 4 years ago.

My training includes cycling, strength, speed, and endurance training, and nutrition management. My coach is one of the best in paracycling. With hard work and great coaching, I have begun to see success at the national level. Over the last three years, I was also invited to participate in five U.S. Paralympic Training Programs, just one more step in my quest to make the U.S. Team.

The reason I work so hard is because of my natural athletic competitiveness and my desire to represent the United States at the Olympic Games, the pinnacle of athletic competition. As a former NCAA Division I soccer player, and as a proud Las Vegas Firefighter, I know what it takes to be the best because I have played and worked with the best. As an individual who met obstacles early on, I am committed to sharing the vision for rising above the challenges that come our way by making the U.S. Team and bringing home the gold!



## 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

## 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](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).

## 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](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.kidsgetarthritis.com](http://www.kidsgetarthritis.com)

## **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)

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](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

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## Pedro's Place

Ever wonder what prayer can do for you?  
Here are my top 3 reasons to pray.

- 1** Prayer gives you power – The Apostle Paul writes, “I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being so that Christ may dwell in your hearts through faith. And I pray that you... may have power ... to grasp how wide and long and high and deep is the love of Christ.” Ephesians 3:14-19.
- 2** Prayer enlists the help of the holy spirit – The Bible also says, “In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.” Romans 8:26.
- 3** Lastly, Prayer Builds Relationships – God created us with a great need to communicate with each other. Through communication we build relationships. Since God created us in His likeness (Gen 1:27), He must also want to have a relationship with us!

# Celebration Dinner

14TH ANNUAL

DECEMBER 3RD

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

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

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

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

**FREE** to members of PossAbilities. To **RSVP** go to  
[teampossabilities.org/celebration-dinner-2017](http://teampossabilities.org/celebration-dinner-2017)

**LOMA LINDA UNIVERSITY HEALTH**

PossAbilities

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call 909-558-6384 or email [cowilliams@llu.edu](mailto:cowilliams@llu.edu).