



# PossAbilities & you

Spring 2018

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

## 2018 Calendar of Events

PAGE 3

## Sports Luncheon

PAGE 4

## 14th Annual Celebration Dinner

PAGE 6

Resource  
Guide Inside!  
See page 11.



Find us on  
Facebook

PossAbilities at LLUMC





**On Our Cover**  
**PossAbilities member Eric Aguilar**

## 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



# 2018 Calendar of Events

## January

Arts & Crafts Workshop

## February

- Winter Ski Trip
- Xtreme Flag Football Super Bowl
- Abilities Expo Los Angeles
- Colton High Club PossAbilities Prom

## March

- Discovery Scuba for Veterans
- Inland Empire Disabilities Collaborative Expo

## April

- 16th Anniversary PossAbilities Triathlon

## May

- Redlands Bicycle Classic Para-cycling Race
- Handcycle Learn to Ride Clinic
- Redlands High Club PossAbilities Prom

## June

- Para-cycling National Championship
- Citrus Valley High Club PossAbilities Prom
- Grant & Scholarship Application is open
- Tinman Triathlon & 5K Run/Walk/Roll

## July

- Kids' Pool Party
- Summer Picnic

## August

- SwimAbilities Program
- Arts & Crafts Workshop

## September

Annual Women's Luncheon

## October

- Disability Sports Festival at CSUSB
- Senior Health Fair

## November

Sports Luncheon

## December

- Annual Celebration Dinner
- Children's Christmas Party

## Ongoing Recurring Activities

- Stretching & Exercise Program (every Monday)
- Head Injury & Trauma Spinal Support Group (fourth Monday)
  - Stroke Support Group (third Tuesday)
- Angeles Especiales (second Wednesday)
  - Monthly Mixer (third Wednesday)
- Sickle Cell Education Series (second Thursday)
- Autism Parents Support Group (third Thursday)
  - Group Bike Rides (second & fourth Sunday)
- Laryngectomy Support Group (third Sunday)
  - Limb Loss Running Clinic (third Sunday)

Please visit our online calendar for new activities throughout the year at [www.teampossabilities.org/events](http://www.teampossabilities.org/events).





# PossAbilities Sports Luncheon ends on triumphant note

## Event raises \$81,500 for the Paralympic Training Program

By James Ponder



Josh Sundquist

**A**n enthusiastic crowd of approximately 175 sports fans raised a total of \$81,500 during the 2017 PossAbilities Sports Luncheon, which was held Wednesday, Nov. 1, on the campus of Loma Linda University Health.

Pedro Payne, PhD, director of community outreach and patient experience, said the funds will purchase a racing handcycle for athlete Christopher Sproule as well as team uniforms, race fees, travel expenses, coaching and equipment to enable seven Paralympic hopefuls from the PossAbilities program to attend the national championships.

Keynote speaker Josh Sundquist took the stage on crutches to share highlights of his journey from the childhood cancer

that led to the amputation of his left leg to representing the United States in the 2006 Winter Paralympics in Torino, Italy.

Sundquist finds that many figures of speech are literally true for amputees. "If I say I'm going to hop in the shower, I mean that literally. I think about that every time I shower," he said, hopping around to prove his point.

Watching the U.S. athletes march in to the 2002 Winter Paralympic Games in Salt Lake City turned into a pivotal experience for Sundquist. "I saw that team march in and I said, 'Ah, that is going to be me in four years in Torino, Italy,'" he said.

His first qualifying event was a disaster. The 16-year-old skier fell five times. Undaunted, he vowed to improve. "I had this motto, 1 MT1MT, and I put it up all over my skis to remind me, whenever I looked down, to do one more thing one more time. And when I fell, I remembered, 'Just do one more thing one more time,'" Sundquist said.

"I did that for years and in March of 2006, I had the amazing honor to walk into the Olympic Stadium in Torino, Italy, in front of 30,000 people — including my mom and dad — for the opening ceremonies of the Paralympics. I'll tell you that walking into that stadium was the most beautiful walk of my life," Sundquist said.

For information on Josh Sundquist, visit <http://www.joshsundquist.com/> online. For information about the PossAbilities program, visit <http://www.teampossabilities.org/>.

# 8th Annual Christmas Party is a Hit

In partnership with Loma Linda Children's Hospital Spina Bifida team, PossAbilities hosted its 8th Annual Children's Christmas Party at East Campus Park. Nearly 400 patients, members of PossAbilities and family members enjoyed a day of fantasia. From face painting to horse drawn carriage rides, miniature horses, and a 3-legged dog named Pippee, fun was to be had by all.

We had snow! 12 tons to be exact that covered the landscape to provide a winter wonderland play area for the families. Children of all ages enjoyed building snowmen and tossing snow balls. When they weren't buried in the snow, they were getting their faces painted to look like Rudolph and Elsa after choosing a gift from Santa. Pizza was on the menu and we had yummy chocolate chip cookies for dessert.

Many thanks to our community partners that allow us to provide this experience for our patients, PossAbilities members and their families:



**ABC Home  
Medical  
Supply**



**Wellspect®**

**CASC**  
Engineering and Consulting

**The  
Dayton  
Family**





# Emmanuel Kelly highlights 14th annual Celebration Dinner for PossAbilities program

Event showcases lives, contributions of individuals turning disabilities into PossAbilities *By James Ponder*



**W**hen Emmanuel Kelly took the stage at the 14th annual Celebration Dinner for Loma Linda University Health's PossAbilities program on Dec. 3, it wasn't just the strength of his vocal performances that endeared him to the audience. Instead, his message resonated with the nearly 1,000 attendees because, like him, many of them cope with disabilities on a daily basis.

Known around the world as a YouTube singing sensation, Kelly transcended numerous obstacles on the road to becoming the world's first disabled pop superstar. The audience seemed especially enthralled as he revealed the philosophy that fueled his rise.

"Anything is possible," Kelly said. "I was told, five years ago, that I would never walk again because my scoliosis was the worst they had ever seen, and I'm dancing and walking."

As Kelly personifies individuals who rise above disability, the PossAbilities program embodies the confident spirit of conquering obstacles and achieving dreams.

In enumerating key accomplishments of Team PossAbilities in 2017, Pedro Payne, PhD, program director, recounted 48 support group meetings for people with disabilities, 16 swim classes, a women's luncheon, the Redlands Bicycle Classic, the annual PossAbilities Triathlon and three high school proms PossAbilities sponsors for high school students with special needs.

Payne introduced the seven Paralympic hopefuls PossAbilities is sponsoring in their quest to compete in the Tokyo Paralympic Games in 2020: Greg Crouse, canoeing, Andre Barbieri, triathlon, Delmon Dunston, paracycling, Zimri Solis, triathlon, Ryan Reed, paracycling, Jenna Rollman, paracycling, and Chris Sproule, paracycling. Payne added that the





**Josh Dotson (pictured center) was awarded Member of the Year.**

event was also an opportunity to celebrate the accomplishments of PossAbilities members who are not competitive athletes.

Taekwondo master John Kim was named San Manuel Support Member of the Year.

Kim was honored for driving to Loma Linda from his Los Angeles home every Monday for the last five years to lead a stretching and exercise class for people with disabilities. Shirley Arrington, widow of the late PossAbilities stalwart Eric Arrington, said Kim is a pillar of the Los Angeles community where he runs a center that provides adaptive sports opportunities for challenged athletes.

Jonathan Jean-Marie, MHA, vice president and administrator of Loma Linda University Medical Center East Campus and Surgical Hospital, joined Payne in officially thanking Quest Diagnostics — the world's



**Emmanuel Kelly**

leading provider of diagnostic testing, information and services for patients and physicians — for sponsoring PossAbilities' activities the last three years with a generous gift of \$1 million. They said Quest Diagnostics sponsored programs to help disabled individuals find new direction and hope through physical, social and educational interaction.

In introducing Joshua Dotson as Member of the Year, Cotie Williams, program manager, and Emmanuel Kelly pointed out that in 2017 alone, Dotson attended more than 10 PossAbilities events, volunteered more than 300 hours and visited the PossAbilities office more than 30 times. "He and his mom drove down from Barstow each week to make sure the brochure holders are full with information about PossAbilities for our patients across the entire East Campus," Kelly said. "He has dedicated his life to getting the word out about PossAbilities."

The presentation that involved by far the most people was the lineup of the 2017 grant and scholarship recipients. As their names were called, recipients made their

way to the stage until there was barely room for one more.

Para-triathlete Zimri Solis inducted Eric Aguilar into the PossAbilities Hall of Heroes and unveiled a large, framed poster recounting Aguilar's achievements. The poster will grace the halls of the East Campus rehabilitation facility. Solis said Aguilar was chosen for thriving through disability, giving back to his community and leading by example. Aguilar was born prematurely and diagnosed with cerebral palsy and two types of seizures. Doctors said he would never walk or talk nor survive beyond the age of 6.

Today, the 29-year-old Aguilar not only walks and talks, but also volunteers for several organizations including PossAbilities, where he mentors other people with cerebral palsy.

As Aguilar took the podium to accept the award, he offered a positive message:

"Dreams do come true for Eric Aguilar!"







# 'Tis the Reason for the Season



Christmas this year was not just about celebrating the birth of Jesus, but about blessing others to bring glory to our Lord and Savior. In the spirit of giving, the PossAbilities Rolling Bears men's wheelchair basketball team and PossAbilities Shield Maidens women's wheelchair basketball team with the help of CASC Engineering and WSP were able to adopt 5 families with more than 30 family members. These families were blessed by the generosity of challenged athletes, employees and their families in our local community. Let us never forget the true Reason for the Season.





# MEET OUR MEMBER — Alfonso Garibay

I had barely turned 14 when I was shot in a drive by shooting. I was not in a gang. I just lived in an area that was very rough housing projects in East LA. It was a common occurrence in that area. My father was a hard working man but uneducated, so he never made much money (he is now retired and owns his own home with my mother in Apple Valley). After I got shot I had a hard time adjusting and learning how to live again. No organizations that provide peer support were around that I knew of after my spinal cord injury in 1991. I adapted myself to my new life as a spinal cord injury survivor and learned how to take care of myself. In my early 20s, I worked and went to school at the same time. I earned a Bachelor of Science degree in Information Systems Security, in spite of many various secondary spinal cord injury-related issues that had me going back to the hospital over the years. I have had five surgeries over the past 26 years of my spinal cord injury. I succeeded and graduated with honors. All while working at the same time. My parents or no one else but me paid for my education. I always tell everyone I did it on my own and learned everything the hard way. I had an awesome career for 15 years in the Information Systems Security IT field that paid me very well, and I earned every cent. I had work-weeks that were sometimes six or seven days long. That is how I was able to buy myself my nice car and my own home. I got really sick in 2012 and had to stop working and prepare for another surgery. I had H.O. (heterotopic ossification) regrow in my left hip and some of it broke and created an infection deep inside the bone. I forced myself to keep working like that until I just could not do it anymore. I had the surgery in the beginning of 2015 and healed from it thanks to God. I had to work really hard to regain my strength and independence once again. Each time I had surgery, it was the same. I decided that I would not return to work and rather serve a higher purpose by helping others when I can and enjoying my life at the same time no longer focused on just making money. I vowed to myself that I would not die working and use my experience to help others in my situation



and similar disability. As of early 2016 I have a new passion; handcycling. I am very good at it and plan to pursue going to the Paralympics. I can literally write a book but that is a very short and condensed bio so you can understand a little more who I am. For the past several years, I have volunteered with Triumph Foundation and Desert Ability Center, and have done peer visits at Ballard Rehabilitation in San Bernardino and Rancho Los Amigos. I have met many other spinal cord injury survivors over the years and always try to offer advice and share my life experience. I am also very close to completing the process to be an official Loma Linda volunteer and look forward to helping.

—Alfonso Garibay

## 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 & Monthly Activities

## **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

## **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, 1:30 - 3:00 p.m.  
Loma Linda University Surgical Hospital  
26780 Barton Road  
Redlands, CA 92373  
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.unitedspinal.org](http://www.unitedspinal.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

© 2018. All rights reserved.  
Printed in the U.S.A.



Printed on Recyclable Paper

6056M



## Pedro's Place

Last year was an awesome year! In 2017 we finalized our sponsorship with Quest Diagnostics. We wish to thank Quest for such tremendous support over the last three years! In 2017 we had the opportunity to sponsor seven Paralympic athletes and raised over \$80,000 for our Paralympic Training Program. Our membership grew to more than 6,500 members and support members. We received recognition for excellence from local and state government officials for our program. Yes, 2017 was a great year for PossAbilities but 2018 promises to be even greater! This year Loma Linda University Health is our Title Sponsor. As we move into spring, our program keeps growing, and God keeps blessing us! Thank you Heavenly Father, for all the wonderful things you have done and for the things we have yet to see!



**16th Annual** PossAbilities Adult & Kids  
**TRIATHLON**  
**5K** SUNDAY  
**APRIL 29**  
2018

For event information or to volunteer  
go to **teampossabilities.org**.

Registration opens Monday, January 1, 2018.  
Go to **active.com** and search "PossAbilities".



LOMA LINDA UNIVERSITY  
HEALTH  
PossAbilities

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