



LOMA LINDA UNIVERSITY
HEALTH

PossAbilities



2018 Annual Report



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UNIVERSITY
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PossAbilities 2018 Annual Report

The purpose of this annual report is to detail the scope of the PossAbilities program and to educate the reader about the positive impact the program has on our local community.

The Loma Linda University Health PossAbilities (PossAbilities) was originally developed in 2000 in response to the need for the continuum of care for our patients and their families after a lengthy hospital stay or a traumatic accident. Through feedback and direction from health care professionals and community members the program quickly evolved into an all-inclusive program for the disabled and veterans. As the program and its mission continued to grow PossAbilities has gained the support of administrators, faculty, staff, students, and the surrounding community. The program has also received recognition from the President of the United States as well as local and state government officials.

Today the PossAbilities programming is extensive and diverse. Each year PossAbilities hosts over 35 events and activities and exposes the Loma Linda University Health message to an estimated 30,000 individuals at the national, regional, and local level.



MESSAGE FROM OUR LEADER

Dear Friends,

For the past 18 years, Loma Linda University PossAbilities has been providing new direction and hope for people with diverse disabilities. Through the various services offered, Loma Linda University PossAbilities seeks to enhance the lives of its members by creating boundless ways to make a positive difference in the lives of those that have been affected with physical and cognitive disabilities.

The Loma Linda University PossAbilities program is unique in its scope given that it combines recreational and competitive sports, peer support, grants and scholarships, women's activities, kid's activities, support groups for various disabilities, prayer ministry, educational opportunities, and community reach. No other social reach program offers these comprehensive services free of charge to those who need it the most. As a result, PossAbilities has earned accolades from many local and state elected officials and has even been awarded the Presidential Champion Award from President Barrack Obama.

I hope that the information contained in this Annual Report helps you understand the scope of the PossAbilities program and is able to inform you about the positive impact the program is having locally, regionally and at the national level. This program is an excellent example of how much good we can do when we come together to enhance the lives of those around us. Thank you so much for your wonderful support of Loma Linda University PossAbilities.

Sincerely,

Jonathan Jean-Marie, MHA, FACHE – Vice President and Administrator
Loma Linda University Medical Center East Campus Hospital
and Loma Linda University Surgical Hospital

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OUR MISSION

The mission of Loma Linda University Health is to continue the healing ministry of Jesus Christ, to make man whole, in a setting of advancing medical science and to provide a stimulating clinical and research environment for the education of physicians, nurses and other health professionals. We are committed to helping the disabled community be fully integrated into society. The program accomplishes this through mentoring, peer support resources and advocacy while creating opportunities through physical, emotional, spiritual, intellectual and social interaction. PossAbilities celebrates the value of each individual, regardless of their limitations and supports their role as a valued member of the community.

OUR VISION

The vision of PossAbilities is to provide all individuals with disabilities the opportunity to discover the boundless ways to find joy and satisfaction in a meaningful life. We feel strongly that every individual has the opportunity to make their community a better place. Leadership comes from the disabled and the able-bodied alike, working together to enable and empower one another. By making our own community stronger, we lead by example to share our vision nationwide.

OUR VALUES

PossAbilities shares the values of Loma Linda University Health by innovating excellence in Christ-centered healthcare through community reach and support.

Compassion Teamwork Integrity Wholeness Excellence



WHAT DOES POSSABILITIES DO?

Education and Resources

Grant and Scholarship Program
Discount Dental Program
Discount Prescription Program
Quarterly Newsletter
Volunteer Opportunities

Health and Fitness Activities

Handcycle Learn to Ride Clinic
Limb Loss Running Clinic
Discount Gym Membership
Senior Health Fair
Stretching and Exercise Program
Paralympic Sport Club
Annual Adult Triathlon, Kid's Triathlon and 5K
Run/Walk/Roll

Recreational and Competitive Adaptive Sports

Baseball
Cycling
Flag Football
Paralympic Training Program
Running
Swim Lessons
Triathlon
Veteran Activities
Wheelchair Basketball
Winter Sports

Spiritual and Emotional Support

Peer Mentoring
Peer Visitation
Prayer Ministry
Relationship Workshops

Social and Recreational Activities

Annual Celebration Dinner
Arts & Crafts Workshops
Children's Christmas Party
Children's Pool Party
Group Bike Rides
Monthly Mixer
Summer Picnic
Women's Luncheon

Support Groups

Autism Parents
Head Injury and Trauma Spinal Support
Laryngectomy
Traumatic Brain Injury
Pediatric Brain Tumor
Pediatric Brain and Spine Tumor
Sickle Cell Disease
Spanish Speaking Parents
Spinal Cord Injury
Stroke Survivors

Club PossAbilities

Colton High School
Redlands High School
Citrus Valley High School
Redlands East Valley High School

Community Activities

Children's Day
Disability Sports Festival
Inland Empire Disabilities Collaborative Expo
and Conference
Optimist Games
Redlands Bicycle Classic Para-cycling Race
Series
Special Education High School Proms

Referral Services

Arthritis
Brain Injury
Cerebral Palsy
Limb Loss
Multiple Sclerosis
Muscular Dystrophy
Outpatient Therapy
Rehabilitation Services
Speaker's Bureau

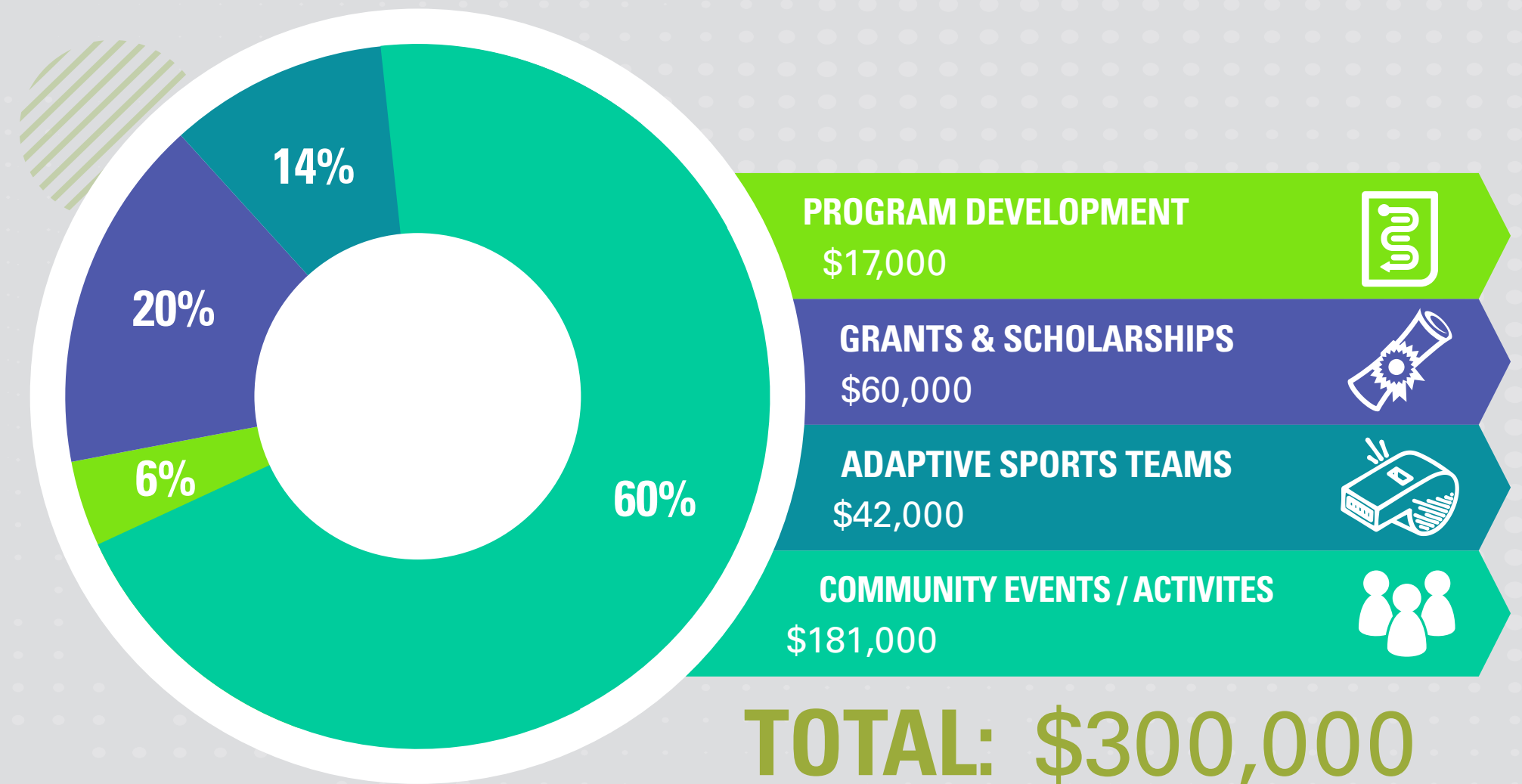
FINANCIALS

FUNDING SOURCES



The Loma Linda University Health PossAbilities program operated on a budget of \$300,000 for 2018. Administrative costs to operate the program are funded by the Loma Linda University Health annual budget. Administrative costs covered by Loma Linda University Health include office space, utilities, office supplies, vehicle maintenance, staff salaries, etc. All program and activity costs are covered by community sponsorships. This means that **every dollar donated to the PossAbilities program goes directly to our members with permanent disabilities and U.S. Veterans!**

ANNUAL BUDGET DISTRIBUTION



TOTAL: \$300,000

FINANCIALS

PARALYMPIC TRAINING PROGRAM BUDGET

 Race Expenses	 Coaching	 Equipment
\$37,412	\$24,870	\$12,230

TOTAL – \$74,512

Loma Linda University Health PossAbilities is recognized by the United States Olympic Committee Paralympic Division as a bronze level Paralympic sport club. An extension of our sport club is the Paralympic training program that is geared toward training and priming elite athletes to compete for a place on the national and U.S. paralympic teams in a variety of sports including cycling, triathlon and canoeing. Sponsorship levels through this donation funded program depend on the athlete's involvement with the program and skill level in their respective sport. The sports equipment, travel to competitions and meal expenses, nutrition planning, massage therapy, gym membership, coaching and more are provided in the sponsorship. In the past four years, PossAbilities has sponsored several athletes that have met the required standards to compete in the U.S. national race competitions in their sports. As a result, four members of PossAbilities have achieved a podium place and/or made the U.S. national team. This program has created national champions! There are currently 11 sponsored athletes training in their respective sports.



OUR SPONSORS

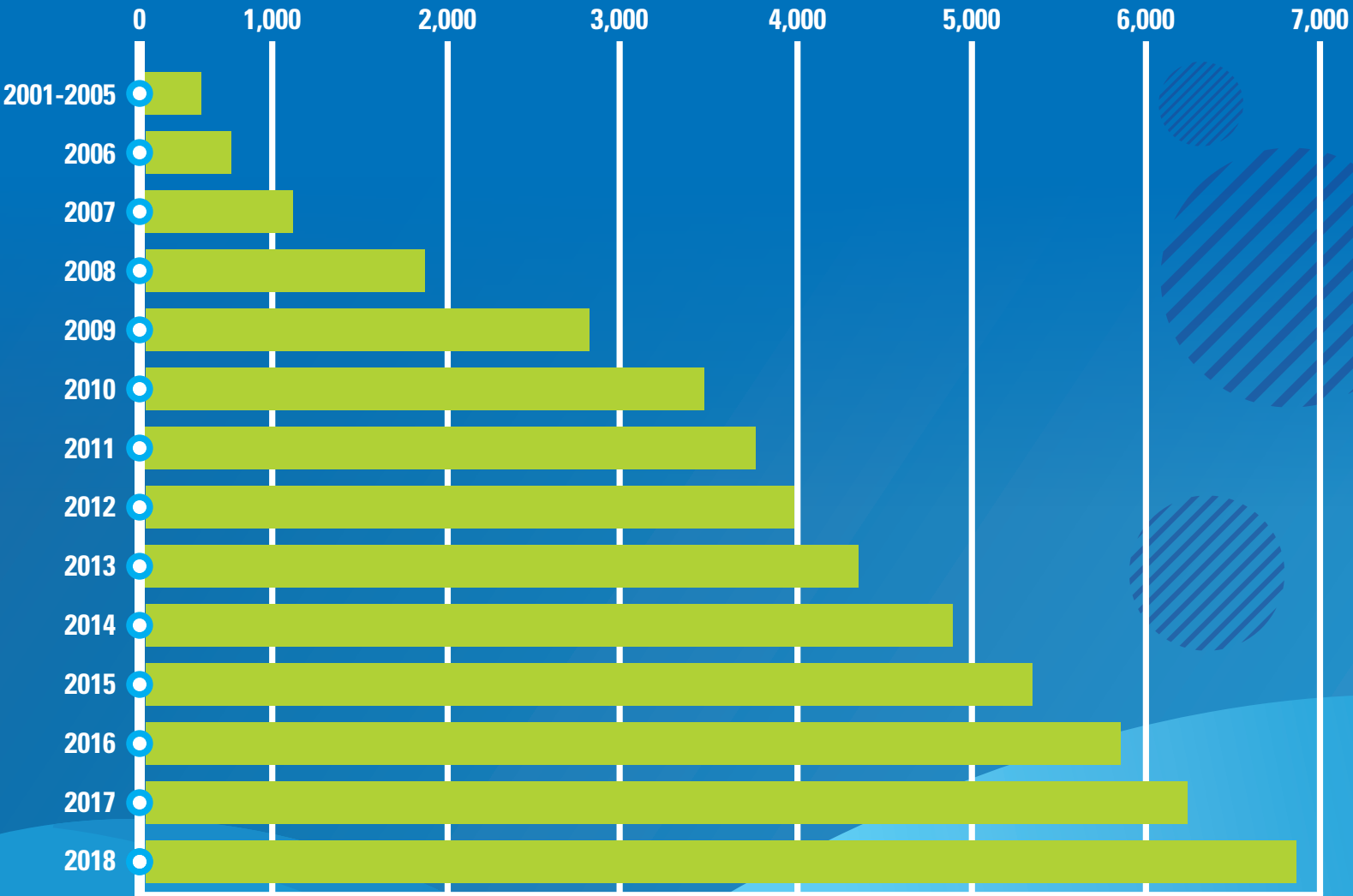
Advanced Drainage Systems, Inc.
Aeschlimann Family
Blue River Denim, Inc.
Carl E. Wynn Foundation
Christopher and Dana Reeve Foundation
Corner Bakery Café
Cyclery USA
Dental Works
Desert Oasis Healthcare
Dorothy Hauser Trust
Hammer Nutrition
Inland Empire Health Plan
Jackson Family
The Kara Foundation
LaSalle Medical Associates
Lineage Logistics
Loma Linda University Medical Center
Molina HealthCare

Partners for Better Health
Regal Medical Group, Inc.
San Manuel Band of Mission Indians – Founding Partner
Stell Coffee & Tea Company
Sunset Rotary San Bernardino
Totally Kids Rehabilitation Hospital
U.S. Paralympic Committee
Vista Medical Group
Williamson Rindge Hole Family Foundation



PROGRAM MEMBERSHIP

ANNUAL MEMBERSHIP



SUPPORT MEMBERS – 3,079 MEMBERS WITH DISABILITY – 3,111 U.S. VETERANS – 740
TOTAL MEMBERSHIP – 6,930



LEADERSHIP TEAM



Pedro Payne, Ph.D.
Program Director

Dr. Payne offers the PossAbilities program expertise in social advocacy and community engagement. In 2002, Dr. Payne served as project manager of a community mobilization effort for low income families. He later went on to serve as executive director of the Human Relations Commission where he was responsible for ensuring equal opportunity and access to resources for all residents regardless of race, gender, nationality, physical ability, and sexual orientation. During this time he also oversaw the City of Riverside's Commission on Disabilities. In 2005 he was charged to protect individuals' civil rights as executive director of the Community Police Review Commission for the City of Riverside, California. He has published peer-reviewed research on social networks and community engagement and has also authored a book on Asset-Based Community Development.



Cotie Williams Program Manager

Cotie Williams joined the Loma Linda University Health PossAbilities program in 2008 and brought over 15 years of experience in the government and private sectors and experience with a Fortune 500 company. She brings a heart of compassion for those in her community and an expertise in marketing, business administration, project management and coordination, and philanthropy. Cotie graduated from the University of Redlands with her Bachelor of Science in Business Administration. She is a member of many community organizations such as the United States Olympic Committee, Paralympic Division, the Southern California Adaptive Sports committee, and the Inland Empire Disabilities Collaborative. Cotie considers it a blessing to be a part of a program that provides new direction and hope for those with diverse disabilities.

Christina Nieto Program Assistant

Christina Nieto joined the Loma Linda University Health PossAbilities program in 2017. She brings over 10 years of customer service experience in a variety of industries. Christina prides herself in maintaining a high level of professionalism, patience and efficiency when serving the public. Christina graduated from Redlands High School. She states, "I am excited to be part of such an amazing team." Christina welcomes each person with a smile and a welcoming attitude.



POSSABILITIES ADVISORY COUNCIL

PossAbilities has established an advisory council comprised of 19 individuals from our hospital and local community with various professional and social backgrounds. While the PossAbilities Advisory Council does not function in the capacity of an Executive Board it meets on a quarterly basis to help set the vision and general direction of the program. The advisory council currently has one standing subcommittee – the Grants/Scholarship Subcommittee. This standing subcommittee meets as needed in addition to the four quarterly meetings of the larger advisory council. Members of our PossAbilities Advisory Council are:

Atta Zahedi – PossAbilities Member

Dr. Akshat Jain - Loma Linda University Health

Jonathan Jean-Marie, MHA, FACHE –

Vice President and Administrator

Loma Linda University Medical Center East Campus Hospital

and Loma Linda University Surgical Hospital

Jillian Payne – Loma Linda University Health

Greg Crouse – PossAbilities Member

Dr. Murray Brandstater – Loma Linda University Health

Helen Neri – PossAbilities Member

Catherine Pepe – Loma Linda University Health

Cotie Williams – Staff

Nikki Gaitan – Loma Linda University Health

Damon Bradley – PossAbilities Member

Shaina Burns – Loma Linda University Health

Dr. Garry Fitzgerald – Loma Linda University Health

Lyndon Edwards - Senior Vice President Loma Linda University Health

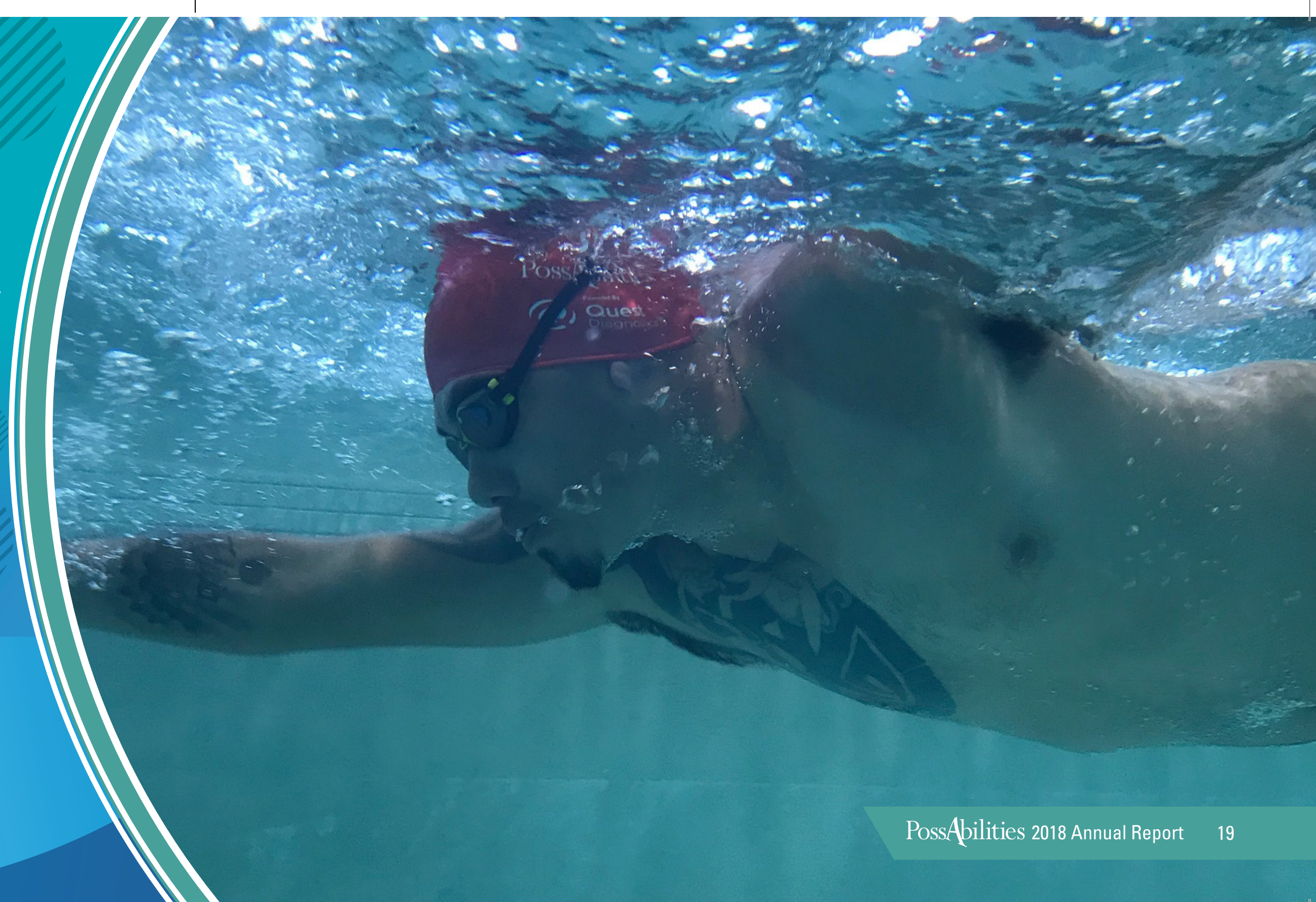
Christina Nieto – Staff

Michael Davidson – Loma Linda University Health

Tina Schumacher – PossAbilities Member

Dr. Thaddeus Wilson – Loma Linda University Health

Dr. Pedro R. Payne – Staff



PROFILES OF COURAGE

Alicia Garcia

Alicia Garcia is almost 30 years old and has been a paraplegic for 20 years now. She was hit by a city bus when she was 4 years old and after an eight-month stay at the hospital she was left with a body cast, a broken arm, wrist, spine, knees and legs. She learned to live her life with a disability and to not let it keep her from doing anything she wants to do.

Today, she is a wife and mother of three and a business owner. She is 100 percent independent and needs no assistance to do any of her everyday activities. She drives, cooks, cleans, and cares for her kids and husband. She feels unbelievably blessed and thankful for everyone and everything that has impacted my life, including my disability. She's learned that it takes a strong person to keep pushing forward.

Over twenty years ago, specialists told her mom she wouldn't live after her accident, but she's more alive than ever. One of the things she wishes she could change after her accident was having someone there by her side that had also gone through a similar experience to tell her everything would be okay. She didn't, so she tries to be that person for others in need. She tries to share her experience to help others learn how to be independent.

"A helping hand can go a long way. There's no better feeling than to know someone lives a better life because of something you did. That's exactly why I put time aside to spend time with people who are having a hard time with their disability. Loma Linda has been one of the best hospitals to me. I have had a major back surgery as well as maternity C-sections. I have never had a bad experience. The doctors and nurses make you feel right at home and truly show that they care about your well-being. Loma Linda really goes above and beyond to accommodate your every need," says Alicia.

Alicia loves to spend time at Loma Linda helping others. She hopes to make a difference in someone's life, so when her children grow up, they can also follow in her footsteps.



PROFILES OF COURAGE

Sarah Mihalia

Sarah Avram (Mihaila) was born on March 17, 2006, at Loma Linda University Children's Hospital with spina bifida and hydrocephalus. Sarah was created so perfect. She redefines disability and encourages others who are facing different challenges.

Sarah is now moving through elementary school and on her way to middle school in a few years at Inland Leaders Charter Schools in Yucaipa, California. She loves singing, playing guitar, swimming underwater, playing tennis and sled hockey, crafting, photography, playing with her sister, praying for the needy, reading her Bible and joyfully sharing her testimony to inspire others. She also loves to ride her handcycle that she received from the Olympic cyclist, Amber Neben, through the Dare to Be Project and PossAbilities.

Sarah received the Outstanding Academic Presidential Award and Outstanding Achievement at the Leadership Fair for serving her community beyond the limit by representing her school. She always wants to give all the glory to her Lord and Savior, Jesus!

Sarah had the honor to be interviewed by her friend Joni Eareckson Tada on the radio and soon after that Sarah was recognized as the October 2014 star kid of the month on the Kids' Corner at the Joni and Friends website. Sarah and her family support Walk-N-Roll for Spina Bifida and the Hydrocephalus Organization, and they are praying that one day God will bring complete healing to all in need. Sarah believes that every kid and anyone who faces pain, trials or disability are valuable!



PROFILES OF COURAGE

Sheila Marchbanks

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

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

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

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

As a wife, mother, grandmother and Certified Sickle Cell Trait Counselor, Marchbanks has met the continual medical challenges of her life with the fantastic support of her entire family, great medical care and the comradeship of friends and wonderful people in the adult SCD movement in Southern California and throughout the nation. As a member of this movement, she has grown from a patient simply attending conferences to an advocate, ambassador and all-in leader serving the SCD community. This calling to serve is deeply felt and an integral part of her life, both essential and gratifying.

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



PROFILES OF COURAGE

Chris Sproule

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

As he worked his way steadily from recovery to rehabilitation, and re-entry into family, friends, work and school, he began to see handcycling as a way to regain his independence, his identity as the lifelong athlete that he 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, Chris passed that original handcycle on to another young man, hoping it would serve as encouragement to move him forward as it did for Chris. Chris 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, Chris is 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 he has 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 around the country as a "pit crew".

Chris started competing 4 years ago. His training includes cycling, strength, speed, and endurance training, and nutrition management. His coach is one of the best in para-cycling. With hard work and great coaching, he has begun to see success at the national level. Over the last three years, Chris was also invited to participate in five U.S. Paralympic Training Programs, just one more step in his quest to make the U.S. Team.

The reason Chris works so hard is because of his natural athletic competitiveness and his 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, Chris knows what it takes to be the best because he has played and worked with the best. As an individual who met obstacles early on, he is committed to sharing the vision for rising above the challenges that come his way by representing Team PossAbilities, making the Team U.S.A., and bringing home the gold!



PROFILES OF COURAGE

Zimri Solis

Zimri Solis was born on December 31, 1982, in Ocotlán in Jalisco, Mexico. He was diagnosed with meningococcal meningitis at the age of 10. One day he spiked a fever, his whole body was hurting and he lost consciousness. His parents were alarmed with the symptoms he was having and took him to the hospital. They were there for a couple of hours before the doctors realized his condition was declining and he was much more serious than they initially thought. Zimri's parents noticed a helicopter that was landing to pick someone up, little did they know that the helicopter was there for their son. Zimri was immediately airlifted to Loma Linda University Medical Center. When he arrived at Loma Linda, he had no vital signs and was pronounced dead. His family, doctors and nurses started praying for him, and within a short period of time his vitals came back. The doctors explained to his parents that the deadly virus was spreading to his whole body. In order to stop the spread of infection, they had to amputate his limbs. His parents, shocked with the news, didn't know what to do, but their decision saved Zimri's life.

After several amputation surgeries, he was kept in a coma for four months to allow his body to heal. Zimri describes waking up from the coma feeling like he was reborn. He had to learn how to walk and use his limbs all over again. After being discharged, he started his rehabilitation process at East Campus. While in rehab, he met Murray Brandstater, M.D., who helped him through all of his rehabilitation and surgeries. He became a regular visitor and patient of the Orthotics and Prosthetics Department where he was fitted for prosthetics. He adjusted well and learned that if there was a goal he wanted to reach there was nothing that could stop him.

Zimri had an active childhood playing sports and overcoming whatever obstacles he faced. He got involved with the PossAbilities program and has now devoted his life to making a difference for others. He meets with patients in and out of the hospital to share his life story in an effort to give them hope and encouragement. He often speaks to Loma Linda University students to help them understand patient care and how to meet the needs of their future patients. Zimri is a father, mentor, and ambassador. He has made it his life's work to make a difference for others and for that reason he is a hero!



PROFILES OF COURAGE

Davis Galluzzo

Davis is a 10-year-old fourth-grader who enjoys school and loves superheroes, Legos, playing with his best friends (his big brother and sister) and going fast in his wheelchair.

When Davis was 2 years old, he was diagnosed with acute lymphoblastic leukemia. His treatment lasted three and a half years. During that time Davis's young life revolved around treatment and protecting his vulnerable immune system. This meant he could not enjoy the normal life of a little boy.

After the first month of treatment, Davis showed no signs of cancer. But in 2013, at nearly 5 years of age and after two years and seven months of chemotherapy, Davis became unable to walk. He was diagnosed with drug-induced myelopathy. Losing the ability to walk was devastating, but Davis has handled all his new medical issues very well. He does not feel sorry for himself, and he does not see himself as being disabled. Davis is just like any other 10-year-old: He lives to have fun, and he does! He loves popping wheelies in his wheelchair, doing donuts and, most of all, going as fast as possible.

In April 2014—a year after Davis stopped walking—he had a session with Loma Linda physical therapist Mark Bussell during which he moved his toes! Davis has been under Bussell's care ever since and has had continued movement in his legs. The goal is for him to walk again. Davis loves Jesus Christ, his Lord and Savior, so his main goal is to live for Jesus. When you meet Davis, you can see the light of Jesus in his smile!



COMMUNITY IMPACT PROGRAMS

Rolling Bears

The Rolling Bears play in the Southern California Wheelchair Basketball Conference, which is sanctioned by the National Wheelchair Basketball Association. The Rolling Bears have won 6 conference championships and their highest finish at Division 3 Nationals was 3rd place. Past and present Rolling Bears players have moved on to attend college and play basketball while earning their college degrees. While in college they earned All-American status and have represented the United States in international competition and won National Championships at the collegiate level.

Annual reach: 1,250 at the national, regional, and local level.

Rolling Cubs

The Rolling Cubs is a newly formed developmental wheelchair basketball team for any youth 5-21 years old with a lower extremity disability. Players gain physical endurance, strength, increased range of motion, increased independence, knowledge of the game, experience working as part of a team, how to win and lose in competition, sportsmanship, social skills development, confidence building, travel experience, community independence, and fun. The team is co-ed and the objective is to provide young athletes the training and support needed to compete on a wheelchair basketball team at local, regional, and national competitions; along with corresponding development of good character traits. The team also takes pride in its focus on academics and encourages athletes to do their best on and off the court. In 2018, the team completed their first full season.

Annual reach: 500 at the local level.



Xtreme Team Baseball & Football

The PossAbilities Xtreme Team offers players of all ages and abilities the opportunity to participate in both baseball and flag football. The teams include athletes with a variety of physical, mental, and developmental disabilities. For example, some athletes have adaptive equipment, including walkers, wheelchairs, and prosthetic limbs. The team introduces its players to the basics of the sports in a participation-centered, non-competitive environment. Everyone gets the chance to play, and accommodations are made to allow each athlete to participate and be successful. Xtreme Team Baseball is operated in partnership with Redlands Baseball for Youth (RBY).

Annual reach: 500 at the local level.

Pony Champions League

The goal of the Pony Champions Team is to provide an environment that enhances the participants' self-esteem and physical mobility and that embodies the spirit of teamwork and community. Participants are between the ages of 4 and 23 years old who remain in a school setting with special needs that would prevent them from playing in a traditional baseball or softball program.

Annual reach: 500 at the local level.



COMMUNITY IMPACT PROGRAMS

Shield Maidens

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.

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.

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.

Annual reach: 1,250 at the national, regional, and local level.



Veterans Discovery Scuba

PossAbilities has nearly 700 members that are US Veterans. Many of our veterans have a desire to be actively engaged in adaptive sports and recreational activities. This year in partnership with the W.A.V.E.S. project, our veterans were able to take a quick and easy introduction to the basics of scuba in a controlled pool environment. Many of our local veterans suffer from post-traumatic Stress Disorder. This program along with our membership discount to the Loma Linda University Drayson Center helps local veterans make progress in their rehabilitation.

Annual reach: 50 at the local level.

Limb Loss Running Clinic

The limb loss running clinic is a new addition to the program offerings.

This free clinic is offered to members with limb loss who want to learn how to improve running whether for a competition, for fitness, or engagement with their family. Through careful instruction by physical therapists and prosthetists, participants can achieve higher ambulation function through one-on-one instruction.

Annual reach: 100 at the local level.



COMMUNITY IMPACT PROGRAMS

SwimAbilities

Loma Linda University Drayson Center and Loma Linda University PossAbilities have teamed up to present an adaptive swim program. This program is designed for swimmers and non-swimmers with special needs of all ages. The goal of this program is to teach participants an understanding of water safety and develop new swim skills.

Annual reach: 200 at the local level.

Speakers Bureau

The PossAbilities Speaker's Bureau consists of PossAbilities members that represent the program at a variety of speaking engagements. By sharing their stories and unique perspective on life, they are role models and inspire each of us to do our part to make the world a better place. Our speakers are available to speak at schools, community organizations, corporate meetings and retreats, social clubs, churches, etc. Our program also has a training module in collaboration with Chicago Sports & Entertainment Partners to train speakers to deliver professional talks and presentations.

Annual reach: 800 at the international, national, regional, and local level.



Children's Pool Party

Every summer we gather members of PossAbilities and their families to provide an opportunity for children to enjoy an afternoon of fun in the sun, lunch, and laughter with other kids and fellow families. Many of these kids do not have access to pools and water parks. This event provides an opportunity for families to socialize and enjoy recreation in a safe place. This program also represents a major resource for kids with autism.

Annual reach: 300 at the local level.



Kid's Christmas Party

Every Christmas PossAbilities and the Spina Bifida clinic team at Children's Hospital host over 200 kids and their families. The grounds of the East Campus Amphitheater are converted into a winter wonderland with artificial snow and Santa Claus. The families receive a free lunch and each child receives a new toy. Horse drawn carriage rides, miniature ponies, and face painting are also featured attractions. This program represents a joint venture with the Spina Bifida team at Children's Hospital and Dr. Rabindra Rau.

Annual reach: 450 at the local level.



COMMUNITY IMPACT PROGRAMS

Summer Picnic



Every summer PossAbilities hosts a picnic in the City of Redlands for our members and their families to enjoy an afternoon of fun and laughter with other families. This event provides an opportunity for families to meet other families, play games, enjoy lunch, and make new friends.

Annual reach: 300 at the local level.

Women's Luncheon

This program represents the only activity specifically for PossAbilities women and caregivers to have a time of fellowship and respite. It is a time for sharing a meal, meeting new companions playing games, and a white elephant gift exchange. The event allows for more experienced members to explain to the newly arrived members the various opportunities available through PossAbilities.

Annual reach: 80 at the local level.



Sickle Cell Disease Support Group and Educational Series



The adult and family Sickle Cell Disease Support Group and Educational Series offers support, educational material, and wellness resources to help those with sickle cell manage their disease and to achieve the highest quality of life. The group meets once a month to share information, motivation, education, connections, recreation, relationships, and encouragement. This support group is only one of four such groups in California and the ONLY group in Inland Empire!

Annual reach: 300 at the national and local levels.

Monthly Mixer

In an effort to maximize local reach and educate new members of PossAbilities about the various resources offered through the program we host a monthly mixer for experienced and new members to socialize and discuss how to improve their quality of life through the PossAbilities program. This monthly activity helps to connect members to resources and to each other.

Annual reach: 250 at the local level.



COMMUNITY IMPACT PROGRAMS

Laryngectomy Support Group

This group meets once a month and serves as a support for Laryngectomy patients seeking to connect to resources and learn more about adjusting to life with a tracheal tube.

Annual reach: 180 at the local level.

Stroke Support Group

In collaboration with the Loma Linda University Department of Neurosurgery this monthly support group provides information, motivation, education, and encouragement for stroke survivors. The group helps facilitate connections and relationship building between stroke and aneurysm patients.

Annual reach: 150 at the local level.

Autism Support Group

Oftentimes caregivers are the forgotten heroes in healthcare. What makes this support group special is that this monthly meeting is designed for parents of children with autism. It provides information, motivation, education, and encouragement for families and caregivers of autistic children.

Annual reach: 150 at the local level.



Adaptive Winter Sports

In collaboration with the US Adaptive and Recreational Center (USARC) the PossAbilities program hosts a day trip to Big Bear for interested members to learn how to ski. This is a unique opportunity for our members to engage in adaptive skiing. PossAbilities and USARC believe people are empowered when they undertake and succeed at challenging outdoor recreation. The goal is to ensure that access to skiing is available to people with all types of disabilities.

Annual reach: 30 at the local level.

Arts & Crafts Workshops

This component of our program, originated by Dr. Murray Brandstater, is an opportunity for members to explore the arts. These workshops allow for self-expression and creativity. Whereas some of our members manage to transcend their disabilities through sport, others have found that they can do the same through visual arts.

Annual reach: 50 at the local level.



COMMUNITY IMPACT PROGRAMS



Stretching and Exercise Program

This is a unique program that allows our members who would otherwise not be able to engage in physical activity to participate in low intensity exercise with a special instructor. Each week our stretching and exercise class is led by Master John Kim, a professional Tae Kwon Do instructor who travels from the Los Angeles area to spend an hour and a half with members with various disabilities.

Annual reach: 150 at the national and local level.

Angeles Especiales

PossAbilities has a program for underserved families. Angeles Especiales is a Spanish-speaking support group for parents of children with special needs. The focus of the group is to teach parents how to access resources related to special education, grants and scholarships, children's and adult's right, recreation and adaptive sports.

Annual reach: 1,500 at the regional and local level.



Monthly Bike Ride

This component of PossAbilities provides opportunity for para-cyclists to ride together on a regular basis. It is a recreational ride open to everyone with an interest in maintaining physical fitness through cycling. The group has a presence on sports social media as well as in the local community.

Annual reach: 100 at the regional and local level.

Redlands Bicycle Classic Para-cycling Race Series

For more than ten years PossAbilities has partnered with the Redlands Bicycle Classic to direct a para-cycling race during this professional competition. Every year about 50 competitive paracyclists participate in this race that offers 4 days of racing. This is the biggest annual event in Redlands each year! The PossAbilities Para-cycling Race Series has become a premier Para-cycling race to the extent that last year the governing body for cycling in the United States moved their date for National Championships so as not to conflict with the PossAbilities Para-cycling race!

"PossAbilities, both through their leadership at the Redlands Bicycle Classic and as a Paralympic Sport Club, has been a key contributor to the talent pipeline for Paralympic Cycling in the United States. Their tireless work to bring new athletes in to the sport, and to provide them a pathway that introduces them to para-cycling competition has helped U.S. Paralympics Cycling build a sustainable national program that wins medals at international competitions, including the Paralympic Games."
- Ian Lawless | Director, High Performance, Paralympic Cycling. United States Olympic Committee

Annual reach: 15,000 at the national, regional, and local levels.



COMMUNITY IMPACT PROGRAMS



Disability Sports Festival

The primary purpose of the Disability Sports Festival is to promote physical activity and sports for people of all ages, with any disability, injury, or illness. The Disability Sports Festival also works towards raising awareness about various disability sports and physical activity options available in the Inland Empire. It also provides service-learning opportunities for students to not only volunteer their time, but also learn how to create and adapt programs for people with disabilities.

Annual reach: 800 at the regional and local levels.

Loma Linda University Children's Hospital Pediatric Fall Festival

Every year Loma Linda University Children's Hospital patients are treated to the annual Spirit of Children Fall Festival. PossAbilities is proud to be a supporter of this event. Many of our members have been patients of Loma Linda University Children's Hospital so our program is committed to work together to bring patients and their family members an afternoon of games, crafts, costumes and music during the event.

Annual reach: 200 at the local level.



Inland Empire Disabilities Collaborative (IEDC) Expo

The Inland Empire Disability Expo showcases services and products that enhance independent living for seniors and people of all types of disabilities: physical, cognitive, mental and sensory. The event brings together exhibits on health, housing, transportation, advocacy, employment, assistive technology, education & youth initiatives, and senior services. PossAbilities is the title sponsor of this event.

Annual reach: 300 at the local level.



Club PossAbilities

There are 4 local high school Club PossAbilities in the Inland Empire area. The clubs are hosted by a student board of average students that are empowered to create awareness in their school, advocate for special needs students, and raise money to help support a prom for them at the end of each year. The four clubs are hosted at Redlands East Valley H.S., Citrus Valley H.S., Colton H.S., and Redlands H.S. The club members value the opportunity to break down barriers and misconceptions about disability and strive to empower their classmates to embrace each person for their own individuality.

Annual reach: 500 at the local level.

COMMUNITY IMPACT PROGRAMS



Redlands High School Optimist Games

The Optimist Games are a Special Olympics type of event held each year at Redlands High School. Over 200 special needs children, teachers, and parents from Redlands elementary, middle and high schools attend to participate in events which include a 25 yard dash, ring toss, and many other games. Every student receives a medal and t-shirt. PossAbilities hosts a game station and program information to attendees, volunteers, and community partners.

Annual reach: 1,000 at the local level.



Celebration Dinner

At the end of each year PossAbilities hosts a spectacular dinner for about 1,000 members and their families. This large event provides us with an opportunity to celebrate all of the accomplishments our members have made throughout the year. The event serves to recognize our sponsors, our outstanding volunteers, our grant and scholarship recipients as well as to showcase the year's highlights. The evening includes entertainment and music for our members. This event is the highlight of the year!

Annual reach: 1,000 at the local level.

Annual PossAbilities Triathlon

The Annual PossAbilities Triathlon, 5K & Kids' Triathlon, features events for adults and children and it is held at the Loma Linda University Drayson Center. What makes this triathlon special is that challenged and able-bodied athletes as well as U.S. veterans compete on the same stage. This is perhaps the largest event on the PossAbilities calendar. The triathlon is a collaboration between Loma Linda University Health, San Bernardino Sheriff's Department, City of Loma Linda, and dozens of local businesses and vendors. Each year, nearly 1,000 athletes participate in this family-oriented, non-competitive event.

Annual reach: 1,500 at the regional and local levels.



COMMUNITY IMPACT PROGRAMS

Grant & Scholarship Program

The purpose of the PossAbilities Grants & Scholarship program is to provide support for our members to improve the quality of life, assist in reintegration into the community, and to meet the specific needs of our members. Grants and scholarships are awarded to active and involved members of PossAbilities. Funding can be awarded to members for equipment to improve quality of life, accessibility grants, educational scholarships, social outings, travel to and/or participation in sporting events, or other needs specific to the disabled population. Many PossAbilities members live below the poverty line. Therefore, need for equipment, home modifications, and opportunity to 'normalize' adaptive life is impactful.

Annual reach: 1,500 at the regional and local levels.



Paralympic Training Program

Loma Linda University PossAbilities is recognized by the US Paralympic Committee as a Paralympic Sports Club. In 2014, we developed our new paralympic program. This program is geared toward training and priming elite athletes to compete for a place on the National and U.S. Paralympic Teams in several sports including cycling, swimming, track & field, triathlon, and canoeing.

Annual reach: 1,000's on an international, national, regional, and local level.



BRONZE MEDAL
PARALYMPIC SPORT CLUB
EXCELLENCE PROGRAM



GET INVOLVED

Are you interested in becoming a PossAbilities volunteer?

Do you want to make a positive difference in someone's life?

Then maybe our PossAbilities Volunteer Program is just what you need! Our program would not be possible without the support and dedication of people like you.

There are two (2) types of volunteers in our program.

First, we have formal volunteers that help us year-round. Individuals interested in this type of volunteer opportunity complete the Loma Linda University Medical Center training/orientation process and receive formal volunteer status for both the medical center and PossAbilities.

The second type is the event-specific volunteer. These individuals do not go through a formal orientation process. They are volunteers for only a day or a weekend. For example, each year we recruit volunteers to help us with our major events such as the Redlands Bicycle Classic and our Annual PossAbilities Triathlon.

Regardless of which type of service you choose our volunteer hours are flexible and we work around your schedule. It's that easy!

To become a volunteer call (909) 558-6384

or visit our website at: <https://teampossabilities.org/become-a-possabilities-volunteer/>



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